



**BY YOUR SIDE AND  
ON YOUR SIDE**

Get the most from your  
health and well-being benefits

Offered by: Cigna Health and Life Insurance Company,  
Connecticut General Life Insurance Company or their affiliates.

**Together, all the way.®**

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# AGENDA

- MEUHP Wellness Mission Statement
- Wellness Ambassador Roles & Responsibilities
- Wellness Program Update
  - Wellness Grants
  - On-Site Biometric Screenings
  - Upcoming Events
- My Cigna Tutorial/Demo



# MEUHP WELLNESS MISSIONS & GOALS

“Through on-site education, innovative wellness programs and superintendent leadership, the MEUHP is truly invested in the health of our members, retirees, and their families.”

## Overarching Wellness Goals:

1. Help districts create a culture of well-being with visible leadership support
2. Increase personal health awareness and risk identification through health assessments, biometric screenings and preventive care
3. Increase awareness and engagement in health improvement programs and resources
4. Empower members to make smart decisions about their health and health spending



# AMBASSADOR RESPONSIBILITIES

- Support health improvement goals of MEUHP health and well-being strategy.
- Distribute onsite wellness communications aligned with MEUHP Wellness Communication Calendar (calendar coming soon)
- Serve as the point of contact for coordinating health and wellness related events such as biometric screenings, and lunch n learn presentations.
- Promote participation in Cigna wellness program offerings.
- Provide feedback to MEUHP upon request about employee interest/needs/challenges, etc.



# WELLNESS PROGRAM UPDATES



# MEUHP WELLNESS PROGRAM UPDATES

- Wellness Grants
  - 64 Grants Submitted
  - Over 23,000 paid out
- On Site Biometric Screenings
  - 56 Districts
- Upcoming Events
  - Maintain Don't Gain Challenge
  - New Year New You Quarterly Weight Loss Challenge (January)



# YOUR HEALTH PLAN IN YOUR HANDS



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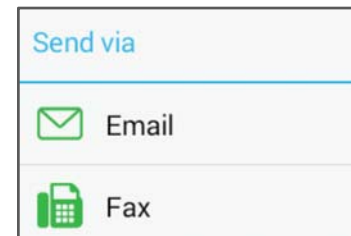
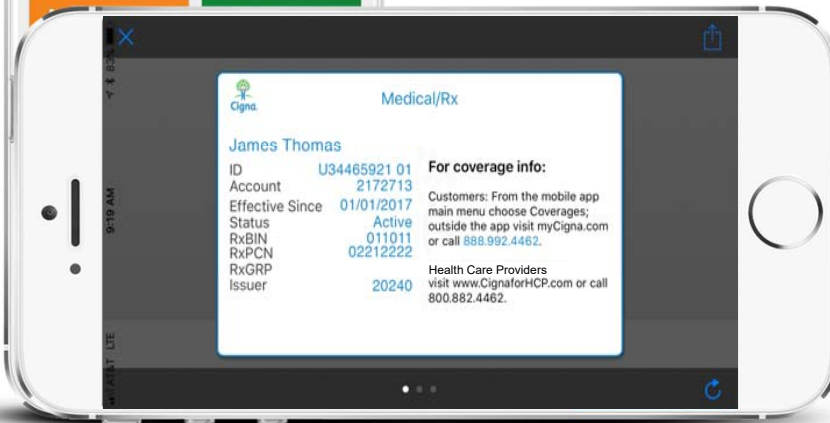
Optional info  
Presenter  
Date/Location



# ACCESS ID CARD INFORMATION



- > Quickly view medical ID card information for the entire family
- > Easily print, email or fax

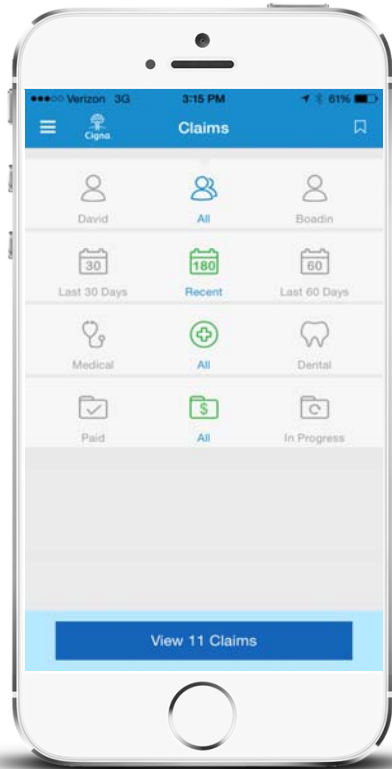


For illustrative purposes only. Actual features may vary.





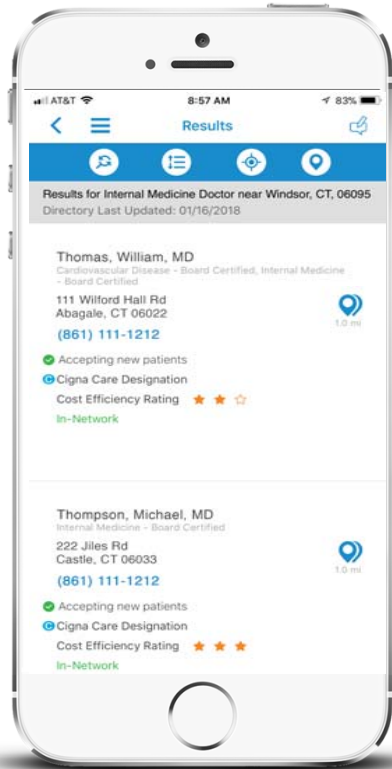
# SEARCH CLAIMS



- › Access and review current and past claims
- › Bookmark and group claims for quick and easy reference

For illustrative purposes only. Actual features may vary.

# FIND DOCTORS, DENTIST, AND FACILITIES

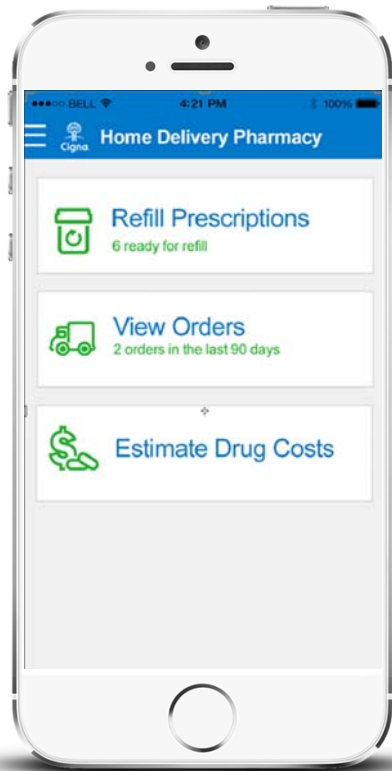


- › Search for a provider in your plan's network\*
- › Search among hundreds of common medical and dental procedures
- › Compare costs personalized to you – we do the math for you based on your plan
- › Cost-efficiency ratings and quality information\*
- › Easily navigate using customer-friendly language, not jargon
- › Access maps for driving directions right from your smartphone

\* May not be available for all providers or with all plan types.  
For illustrative purposes only. Actual features may vary.



# MANAGE PRESCRIPTIONS AND ORDER REFILLS



- › Refill Cigna Home Delivery Pharmacy prescriptions
- › Review orders and order history
- › Compare prescription drug prices at thousands of pharmacies in our network
- › Find closest pharmacy locations

For illustrative purposes only. Actual features may vary.



# MY CIGNA CHECKLIST

- Claims
  - View and search recent claims
- Account Balances
  - Review Plan deductibles and maximums
  - Access and view health fund balances
- Drug Search
  - Look up and compare actual costs at 60,000 pharmacies nationwide
- Health Care Professional
  - Search for a doctor, dentist, or health care facility
  - Care Designation
- Procedure Search
  - Compare cost for medical procedures, doctors, and facilities



# MY CIGNA CHECKLIST, CON'T

- Health Assessment
- Coverage
  - View plan coverage and authorizations
  - Find what's covered under your plan
- Incentives
  - View goal activity and awards



# QUESTIONS....

Together, all the way.

