



TAKE CARE. GET REWARDED.

Get rewarded for the healthy actions you take.
The more you do, the more you earn.



HEALTHY YOU. HAPPY WALLET.

Missouri Educators Unified Health Plan (MEUHP)

Together, all the way.®



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MotivateMe is an incentive program that helps you change unhealthy behaviors and rewards you for it. And that's important, because taking healthy actions will help reduce your risk of illness, disease and costly medical treatment. With MotivateMe, you'll work toward achieving real results that mean a real, healthy change for you. Take care with things like a health assessment or biometric screening and you may earn awards,* such as lower plan premiums or deposits into your health fund account or paycheck. The more you do, the more you earn. Of course, the best reward is your good health.

A uniquely personalized experience

Anyone who's ever tried to undo a bad habit or maintain a new, healthy one knows how hard it can be. It takes time, determination and, sometimes, your own personal cheering section.

To help make it easy, our health coaches and customer service representatives will be there to support you throughout - online or by phone. We'll remind you about which health and wellness activities and programs you're eligible for, suggest helpful online resources like our MotivateMe incentive page, and encourage you - from start to finish.

I'm ready. How do I start?

Visit myCigna.com > Incentive Awards Program

There, you'll find:

- A list of available healthy actions and goals
- Details on how to get started
- Instructions on how to earn and redeem your rewards



You can also view your incentives information by downloading the myCigna Mobile App.**

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COMPLETE START UP GOALS

You must complete these goals before any others to earn incentive awards.

2022-2023 MOTIVATE ME GOALS: www.mycigna.com 800-244-6224

For all participants - If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Cigna at (800) 244-6224 and they will work with you and, if you wish, with your doctor.

For participants who may have an impairment - If you are unable to participate in any of the program events, activities or goals, because of a disability you may be entitled to a reasonable accommodation for participation, or an alternative standard for rewards. For accommodations with online, phone or other Cigna programs, please contact Cigna at (800) 244-6224.

Goal type	Description	Who is eligible?	Timing	Amount
Start Up Goal Get a personalized health assessment	A confidential questionnaire that asks you about your health and well-being and provides a personalized assessment of your current health.	Primary Insured + Covered Spouse	1x 7/1/22 - 6/30/23	\$25
Start Up Goal Get a personalized biometric screening	Know your numbers. Complete blood pressure, cholesterol, blood sugar and body mass index (BMI) screening.	Primary Insured + Covered Spouse	1x 7/1/22 - 6/30/23	\$50
Achieve a healthy body mass index of less than 30 or improve weight by 10%	Body mass Index (BMI) is a measurement of how much body fat you have in relation to the rest of your body. Achieve a BMI of less than <30, If you cannot achieve the BMI target, improve weight by 10%.	Primary Insured	1x 7/1/22- 6/30/23	\$50
Preventive Award Complete my annual physical (preventive exam) OR routine OB/GYN exam OR Get a cancer screening.	Limit 1 preventive award Annual Physical - A preventive exam that's used to reinforce good health, address potential and chronic problems. Routine OB/GYN Exam (Well-Women visit) Complete a mammogram, colon, cervical, or prostate screening.	Primary Insured + Covered Spouse	1x 7/1/22- 6/30/23	\$75
Talk to a coach and achieve a health goal	Get a fresh perspective on that frustrating fitness, diet, or health goal you can't seem to reach.	Primary Insured	1x 7/1/22 - 6/30/23	\$50
When you use a Center of Excellence you can get the quality and savings you expect plus a bonus reward	Get your orthopedic back surgery, orthopedic joint, cardiac surgery, or childbirth care treatment done at a Center of Excellence facility.	Primary Insured + Covered Spouse	1x 7/1/22 - 6/30/23	\$250
Maternity Award Speak with a coach starting in your 1st trimester and after your baby is born OR Speak with a coach starting in your 2nd trimester and after your baby is born	Limit 1 maternity award Get support and guidance during your 1st trimester and after your baby is born. Get support and guidance during your 2nd trimester and after your baby is born.	Primary Insured + Covered Spouse Primary Insured + Covered Spouse	7/1/22 - 6/30/23 1x 7/1/22 - 6/30/23	\$150 \$75



Please consult your doctor for medical advice or services, including seeking advice prior to undertaking a new diet or exercise program.

* If your employer offers gift card incentives, refer to the relevant merchant for additional terms and conditions which may apply to your use of any gift card. Cigna is not responsible for lost or stolen gift cards. Incentive awards may be subject to tax; you are responsible for any applicable taxes. Please consult your personal tax advisor for assistance.

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