

# TAKE CARE. GET REWARDED.

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



HEALTHY YOU. HAPPY WALLET.

Cigna MotivateMe Program®

Together, all the way.®



## Cigna MotivateMe Program®

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.\*\***

Apple and the Apple logo are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a registered service mark of Apple Inc. Google Play is a trademark of Google Inc. Amazon, Kindle, Fire and all related logos are trademarks of Amazon.com, Inc. or its affiliates.



# COMPLETE START UP GOALS

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

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 1-800-244-6224 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 work-site accommodations please contact your employer's HR administrator; for accommodations with online, phone or other Cigna programs, please contact Cigna at 1-800-244-6224.

Awards are available to primary insured employees, retirees, and their covered spouses on the MEUHP medical plan.

Goal type	Description	Eligible	Frequency	Timing	Gift Card Reward
<b>Start Up Goal</b> 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	7/1/19-6/30/20	\$50
<b>Start Up Goal</b> 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	7/1/19-6/30/20	\$25
Complete my annual physical OR routine OB/GYN exam	Annual Physical - A preventive exam used to reinforce good health, address potential and chronic problems. OR Routine OB/GYN Exam (Well-Woman Exam) A preventive exam that can identify early ovarian and cervical cancers, HPV, breast cancer and more. (Limit 1 preventive award)	Primary Insured + Covered Spouse	1x	7/1/19-6/30/20	\$75
Talk to a Cigna coach by phone 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	7/1/19-6/30/20	\$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	7/1/19-6/30/20	\$50
Enroll in the 1st or 2nd trimester and complete the post-partum consultation with a maternity nurse	Get support and guidance starting in your 1st trimester and after your baby is born (\$150) OR Get support and guidance starting in your 2nd trimester and after your baby is born (\$75) (Limit 1 maternity award per pregnancy) *Maternity awards are not subject to start-up goal completions	Primary Insured + Covered Spouse	1x	7/1/19-6/30/20	\$150 or \$75

To view rewards: Login to myCigna.com and navigate to 'Incentives Awards' from the 'Wellness' tab. From this page you can view awards available, earned, and redeemed. To redeem your gift card(s), click the 'Redeem your dollars' link in the top right corner of the page. This will take you to the Hallmark redemption page where you can choose your gift card. Please note: Covered spouses can see what they have earned toward the family balance, but only the primary insured can redeem the gift cards.



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.

\*\* The downloading and use of the myCigna Mobile App is subject to the terms and conditions of the App and the online stores from which it is downloaded. Standard mobile phone carrier and data usage charges apply.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, and HMO or service company subsidiaries of Cigna Health Corporation, including Cigna HealthCare of Arizona, Inc., Cigna HealthCare of California, Inc., Cigna HealthCare of Colorado, Inc., Cigna HealthCare of Connecticut, Inc., Cigna HealthCare of Florida, Inc., Cigna HealthCare of Georgia, Inc., Cigna HealthCare of Illinois, Inc., Cigna HealthCare of Indiana, Inc., Cigna HealthCare of St. Louis, Inc., Cigna HealthCare of North Carolina, Inc., Cigna HealthCare of New Jersey, Inc., Cigna HealthCare of South Carolina, Inc., Cigna HealthCare of Tennessee, Inc., and Cigna HealthCare of Texas, Inc. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.