

2019-2020 PLAN YEAR

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.

www.mycigna.com

1-800-244-6224

Goal type	Description	Eligible	Frequency	Timing	Gift Card Reward
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	7/1/19-6/30/20	\$50
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	7/1/19-6/30/20	\$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.