



2019-2020 PLAN YEAR

**TAKE CARE.
GET REWARDED.**

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

MotivateMe Incentives

MISSOURI EDUCATORS
UNIFIED HEALTH PLAN
MEUHP
FOR SCHOOLS, BY SCHOOLS™

Start up Goals – Complete These FIRST!

Awards are available to primary insured employees, retirees, and covered spouses.

PLAN YEAR 2019-2020 – START UP GOALS	Who is eligible	Amount
Start Up Goal – Get a personalized biometric screening	Primary Insured & covered spouse	\$50
Take your on line health assessment	Primary Insured & covered spouse	\$25

New this year!
spouses are eligible for
some incentives!



More MotivateMe Incentives!

PLAN YEAR 2019-2020 - after start up goals are met	Who is eligible	Amount
Physical OR OB / GYN (ONE PER CALENDAR YEAR)	Primary Insured & covered Spouse	\$75
Talk to coach to achieve a health goal	Primary Insured	\$50
Achieve a healthy body mass index of less than 30 or improve weight by 10%	Primary Insured	\$50
Incentives below do NOT require start up goals be met in order to earn incentives:		
Speak with a coach starting in your 1 st trimester	Primary Insured or covered spouse	\$150
OR speak with a coach starting in your 2 nd trimester	Primary Insured or covered spouse	\$75

How to take the health risk assessment

Logon or register for your account at www.mycigna.com



Customer Login

Username [Forgot Username?](#)

Password [Forgot Password?](#)

Log In

Haven't created an account yet?

[Register](#)

[Registrarse en Español](#)

Your online account gives you access to these features:



Find Care and Costs
Search for in-network providers,



View Claims
See a list of your most recent



Manage Spending Accounts



Update Your Profile
Make sure your contact

MISSOURI EDUCATORS
UNIFIED HEALTH PLAN



FOR SCHOOLS, BY SCHOOLS™

Select the Wellness Tab



ID Cards Hi, Stanley

- Home
- Find Care & Costs
- Coverage
- Claims
- Spending Accounts
- Prescriptions
- Wellness

Welcome

Have a plan. Be prepared. [See Details](#)

Medical Coverage Status for: Stanley

In-Network Deductible Remaining

\$5,000⁰⁰

[View coverage details](#)

You pay the deductible

When you visit a provider, you pay costs for covered services until the deductible is met. Eligible in-network preventive care is covered 100% by your plan.

Incentives

Debit Card earned:

\$0⁰⁰

out of \$250

You haven't earned any incentives yet.

[Start earning](#)

Latest Updates

All (20) Savings Tips (14) Claims (3) Messages (3)



Have a plan. Be prepared.

[See details](#)



Time to check in. Stay healthy.

[See details](#)

My Health Team

My Primary Care Provider

No doctor selected.

[Find a Doctor](#)

My Pharmacy

No pharmacy selected.

[Find a Pharmacy](#)

[Manage My Health Team](#)

MISSOURI EDUCATORS
UNIFIED HEALTH PLAN



FOR SCHOOLS, BY SCHOOLS™

Select Incentive Awards

Accounts Prescriptions **Wellness**

Tools

- My Health Assessment
- Apps & Activities
- Personal Health Record
- My Health Assistant - Online Coaching Program

Rewards & Programs

- Incentive Awards**
- Healthy Rewards - Discount Programs

Resources

- Health Encyclopedia
- Health Topics & Resources
- My Health Dashboard
- Health Information Line
- WebMD Health Manager

Feedback

You haven't earned any incentives yet.
[Start earning](#)

Complete your health assessment for a \$25 debit card.

OVERVIEW

GOALS

Step 1

Earn \$75 toward a debit card by completing these start-up goals

You must complete the following goals before you can earn awards for other goals.



\$25
DEBIT CARD

Complete the Cigna online health assessment

Available: 07/01/2019 - 06/30/2020

A confidential questionnaire that asks you about your health and well-being and provides a personalized assessment of your current health. As a reminder and to protect your privacy, anyone taking the health assessment needs to register on myCigna, and then log in with their own user ID and password.

[Complete my health assessment](#)

! Must complete this first



\$50
DEBIT CARD

Get a personalized biometric health screening

Available: 07/01/2019 - 06/30/2020

Know your numbers. Complete blood pressure, cholesterol, blood sugar and body mass index (BMI) screening.

[Download the Wellness Screening Form](#) and take to your appointment

! Must complete this first

On the Health Assessment page, it will either say “TAKE MY ASSESSMENT” or “RETAKE MY ASSESSMENT” if you completed it in the past.

The screenshot shows a Cigna Health Assessment dashboard for a guest user. The dashboard is divided into three main sections: Wellness Score, Progress, and Personal Information.

WELLNESS SCORE
Your last Wellness Score completed 07-19-2017

81

Buttons: LAST 5 REPORTS, CURRENT REPORT

PROGRESS

Health Screening (0%)

Personal Section (locked)

Button: RETAKE MY ASSESSMENT

PERSONAL INFORMATION
These are the answers from your current assessment.

Total Cholesterol	245 mg
HDL Cholesterol	130 mg
Blood Pressure	--
Weight	150 lbs
Waist	29 in
Height	5'9"

Button: EDIT

Step 1 – Agree to the Privacy Notice

Welcome Guest Step 1 of 3

Health Assessment Privacy Notice:

When you complete a Health Assessment, you share important information about your health-related activities and behaviors, and whether you have or had certain medical conditions (e.g. cancer, diabetes, heart disease). We use this information to identify programs and services that can help you stay healthy, improve your health, or address other health-related issues. Examples of these services are health coaching and online health and wellness programs. You may ask your plan administrator for details about the programs and services available with your plan.

In addition to the uses described in [Cigna's on-line privacy notice](#), we may also share and use information from your Health Assessment as follows:

- With the administrator of your health plan ("Plan Administrator"), its service provider, vendor, consultant, or other recipient designated by the Plan Administrator (collectively, "Plan Administrator or designees"), in order to administer an incentive program for you (employee or spouse).

Step 2- Answer the demographic questions

Welcome Guest Step 2 of 3

What is your gender? MALE FEMALE

What is your race?


What is your date of birth?

MONTH DAY YEAR

[Why we ask?](#)

Step 3 - Choose a game approach or a traditional approach

Welcome Guest Step 3 of 3



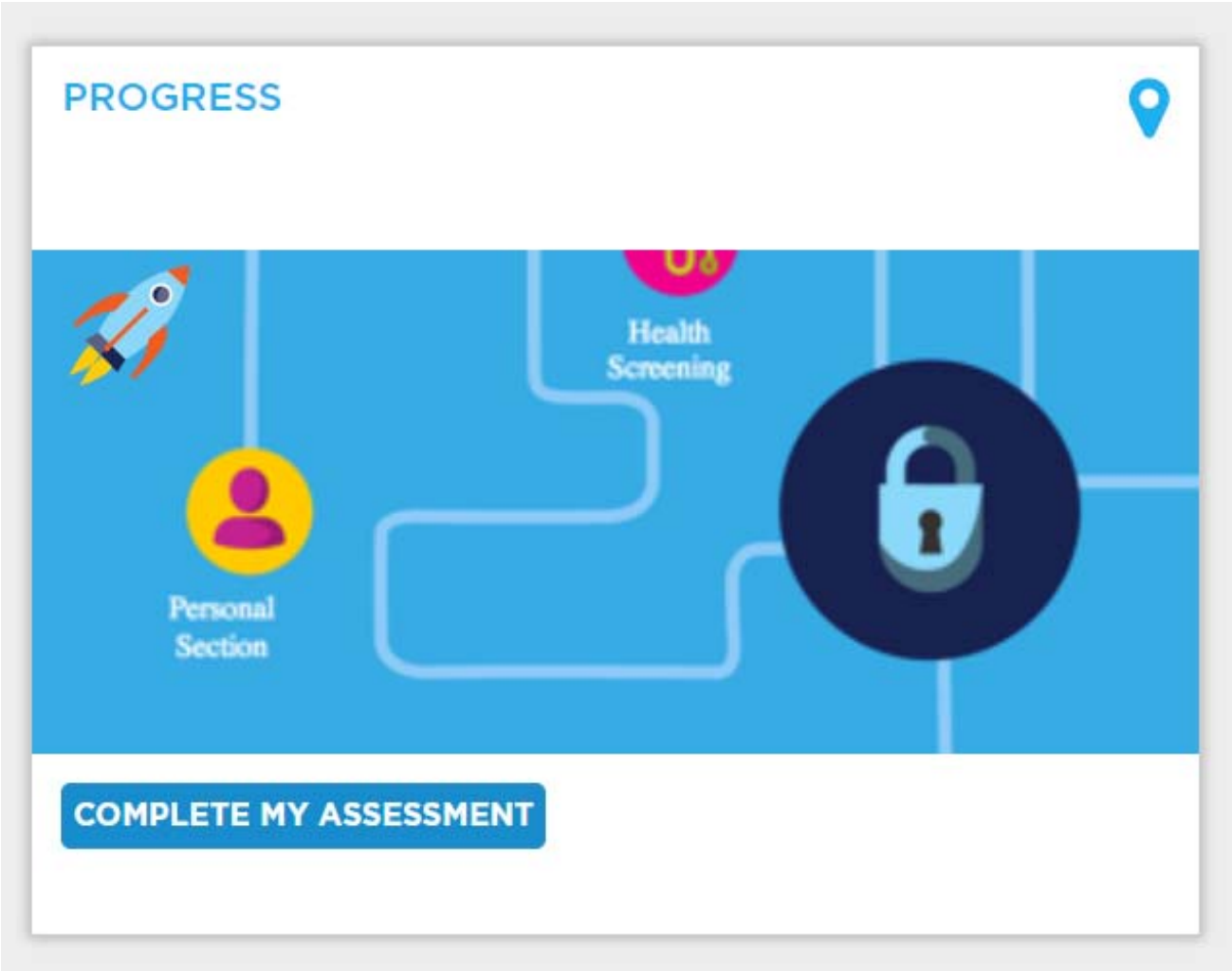
Are you ready to have fun while learning where your health stands today? Our animated adventure will take you on twists and turns through different health categories. At the end you'll unlock your wellness score and gain valuable health tips. Only you hold the key to discovering your health potential.

MISSOURI EDUCATORS
UNIFIED HEALTH PLAN

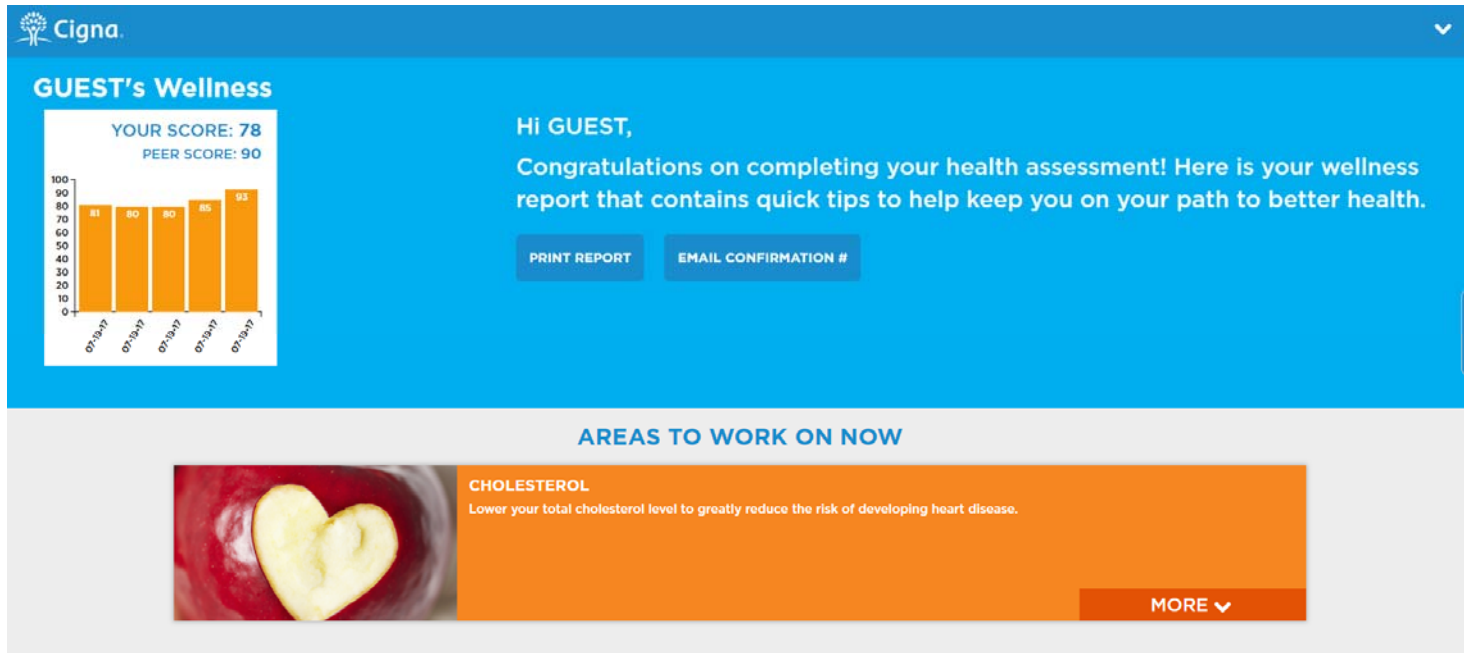


OR SCHOOLS, BY SCHOOLS™

Screen Shot of Game Approach



When completed, you'll receive a wellness score and a personalized health report.



You can also earn additional incentives for physicals and coaching programs.

Step 2

Earn \$75 toward a debit card by completing these goals

After completing Step 1 goals, you can continue earning awards by completing the goals below.



\$75
DEBIT CARD

Complete my annual physical (preventive exam)

Available: 07/01/2019 - 06/30/2020

A preventive exam that's used to reinforce good health, address potential and chronic problems.

Get your physical. You will be credited when your claim is processed.

You can complete any or all of the following goals to contribute toward your *overall* maximum award amount.

After completing Step 1 goals, you can continue earning awards by completing the goals below.



\$50
DEBIT CARD

Achieve a healthy Body Mass Index of less than 30 or improve weight by 10%

Available: 07/01/2019 - 06/30/2020

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, aim to improve weight by 10%.

Download the Wellness Screening Form and take to your appointment

View [alternate activities](#) to meet this goal



\$50
DEBIT CARD

Talk to a coach and achieve a health goal

Available: 07/01/2019 - 06/30/2020

Achieve a fitness, diet or health goal with the help of a trained health coach.

Call a health coach at the number on your ID card

EDUCATORS
HEALTH PLAN



FOR SCHOOLS, BY SCHOOLS™

Redeem your dollars!

Home Find Care & Costs Coverage Claims Spending Accounts Prescriptions **Wellness**

Incentive Awards

Total Dollars for Debit Cards:	Earned	Redeemed	Remaining	
	\$75	\$0	\$75	Redeem your dollars

[Show details](#)

PROGRAM PERIOD:

If you think you might be unable to meet a standard for a reward under this wellness program, or if you have a disability that prevents you from doing so, you might qualify for an opportunity to earn the same reward by different means. For more info, contact us at 800-244-6224.

OVERVIEW **GOALS**

Save, earn or score toward your 2020 awards

Your MotivateMe® program is designed using specific goals that reward you for healthy actions you take.

My Maximum

MotivateMe Core Goals	Extra goals
\$250	\$0
Debit Card	Debit Card

[View all goals](#)

My Awards Earned

MotivateMe Core Goals	Extra goals
\$0	\$0
Debit Card	Debit Card

\$0 \$250 \$0 \$0

No goals yet completed. [Start now](#)

HOME

CIGNA INCENTIVE AWARDS PROGRAM

PROGRAM INFORMATION



Rewarding you for healthier living.

Cigna's Incentive Awards Program helps you get rewarded for making healthier decisions every day. Enjoy the journey and indulge in your rewards.

Need Help Selecting your Cigna Prepaid Debit Card?

Visit the FAQ section

Welcome

Congratulations on earning rewards for healthier living. Here is a summary of what is available for you to redeem for Cigna Prepaid Debit Cards. Keep staying healthy and enjoy your hard-earned rewards!

MY ACCOUNT

Dollars Available for Debit Cards

\$75.00

CIGNA INCENTIVE AWARDS PROGRAM

Select \$0.00 in Cigna Prepaid Debit Cards

When you have \$10 or more in your Remaining Balance you are eligible to redeem your awards for Cigna Prepaid Debit Cards. You can increase your redemption amount in \$5 increments.

When you have at least \$10 in your account, a "Redeem" button will display below.

MISSOURI EDUCATORS
UNIFIED HEALTH PLAN



FOR SCHOOLS, BY SCHOOLS™

VISA gift cards will be mailed about two weeks after you redeem online.



Thank you for participating in the MEUHP Wellness Program!

