

# 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 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 800-244-6224 or log onto mycigna.com.

**2021-2022 Plan Year**

[www.mycigna.com](http://www.mycigna.com)

1-800-244-6224

Goal type	Description	Eligible	Frequency	Timing	Gift Card Reward
<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	7/1/20 - 6/30/21	\$25
<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	7/1/20 - 6/30/21	\$50
Complete my annual physical (preventive exam) OR routine OB/GYN exam	Annual Physical - A preventive exam that's used to reinforce good health, address potential and chronic problems. Routine OB/GYN Exam (Well-Women visit) *Limit 1 preventive award	Primary Insured + Covered Spouse	1x	7/1/20 - 6/30/21	\$75
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	7/1/20 - 6/30/21	\$50
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	7/1/20 - 6/30/21	\$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 surgery, cardiac surgery, or childbirth care done at a Center of Excellence facility.	Primary Insured + Covered Spouse	1x	7/1/20 - 6/30/21	\$250
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	7/1/20 - 6/30/21	\$150 or \$75



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

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