



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.**

*Incentive awards may be subject to tax; you are responsible for any applicable taxes. Please consult with your personal tax advisor for assistance.



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 the number on the back of your Cigna ID card 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 Human Resources; for accommodations with online, phone or other Cigna programs, please contact Cigna at the number on the back of your Cigna ID card.

Total Maximum Reward for the below program: \$325

Goal type	Description	Award type	Description	Frequency
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.	\$25	Log into myCigna.com to complete. Complete 1x per year to earn this reward.	Complete by 12/31/2021.
Get a personalized biometric screening	Know your numbers. Complete blood pressure, cholesterol, blood sugar and body mass index (BMI) screening.	\$25	Complete your biometric screening at one of Cigna's national labs or with your PCP.	Complete by 12/31/2021.
Achieve a healthy body mass index of less than 30 or improve weight by 5%	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 5%.	\$50	Maximum Reward =\$100; Achieve 2 of the 3 goals to earn this reward.	Complete by 12/31/2021.
Achieve a healthy cholesterol ratio of less than 4.4 (women), 5 (men) mg/dl	High cholesterol increases your risk for heart disease, heart attack, stroke, and other complications. Your cholesterol ratio is determined by your total cholesterol value / HDL cholesterol value. To complete this goal, aim for a healthy cholesterol ratio. Talk with your doctor about cholesterol testing at your annual visit.	\$50	Maximum Reward =\$100; Achieve 2 of the 3 goals to earn this reward.	Complete by 12/31/2021.
Achieve a fasting blood sugar level less than <100 mg/dl OR non-fasting blood sugar level less than 140 mg/dl	High blood sugar (hypoglycemia) can lead to diabetes and other health problems.	\$50	Maximum Reward =\$100; Achieve 2 of the 3 goals to earn this reward.	Complete by 12/31/2021.

Goal type	Description	Award type	Description	Frequency
Complete my annual physical (preventive exam)	A preventive exam that's used to reinforce good health, address potential and chronic problems.	\$75	Maximum Reward = \$75; Complete your annual physical OR OB GYN exam to earn this reward.	Complete by 12/31/2021.
Get my annual OB/GYN exam (preventive exam)	A preventive exam that can identify early ovarian and cervical cancers, HPV (human papillomavirus), breast cancer and more.	\$75	Maximum Reward = \$75; Complete your annual physical OR OB GYN exam to earn this reward.	Complete by 12/31/2021.
Complete a preventive dental exam	A preventive dental exam is used to reinforce good health and address potential and chronic problems. To complete this goal, schedule an appointment with your dentist for a dental cleaning and preventive exam.	\$25	Complete 1 of your 2 annual dental cleanings to earn this reward.	Complete by 12/31/2021.
Complete 9 lessons of the 16-week Cigna Diabetes Prevention Program	More than 1 out of 3 people are at risk for diabetes. Are you? This online program, available through Cigna, in collaboration with Omada, helps you make lifestyle changes that can reduce risks. Get started now.	\$50	Find out if you are eligible for this program via myCigna.com	Complete by 12/31/2021.
Improve your nutrition	Eating healthy is essential to your overall well-being. Get your nutrition back on track today.	\$25	Maximum reward = \$50; Complete 2 of the 6 programs to earn this incentive.	Complete by 12/31/2021.
Exercise for better health	Good fitness is important for better focus, higher energy, and overall happiness.	\$25	Maximum reward = \$50; Complete 2 of the 6 programs to earn this incentive.	Complete by 12/31/2021.
Maintain a positive mood	Track your moods to better understand how they affect your overall well-being.	\$25	Maximum reward = \$50; Complete 2 of the 6 programs to earn this incentive.	Complete by 12/31/2021.

Goal type	Description	Award type	Description	Frequency
Work towards a healthier weight	Losing even a small amount of weight can help improve your health in many ways.	\$25	Maximum reward = \$50; Complete 2 of the 6 programs to earn this incentive.	Complete by 12/31/2021.
Manage your stress	Stress is unavoidable, but we can help you manage it.	\$25	Maximum reward = \$50; Complete 2 of the 6 programs to earn this incentive.	Complete by 12/31/2021.
Quit tobacco – one-month program	When you quit tobacco, you reduce many risk factors for health problems in your family.	\$25	Maximum reward = \$50; Complete 2 of the 6 programs to earn this incentive.	Complete by 12/31/2021.
I participated in a wellness activity	If you participated in a health and wellness activity, it shows your commitment to a healthy lifestyle. Tell us about it.	\$25	Complete 1x per year; Indicate you've completed it via myCigna.com to earn this reward.	Complete by 12/31/2021.
Partipate in a Cigna Fitness Challenge	Challenge yourself and your co-workers! Get moving and reap healthy rewards.	\$25	Maximum reward = \$50; Complete up to 2x per year to earn this reward.	Complete by 12/31/2021.



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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