



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.



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; for accommodations with online, phone or other Cigna programs, please contact Cigna at 800.244.6224.

Goal type	Description	Award	Timing
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.	Gatekeeper	6/1/24 - 5/31/25
Get a personalized biometric screening	Know your numbers. Complete blood pressure, cholesterol, blood sugar and body mass index (BMI) screening.	\$50 debit/gift card	6/1/24 - 5/31/25
Complete my annual physical (preventive exam)	A preventive exam that's used to reinforce good health, address potential and chronic problems.	\$75 debit/gift card	6/1/24 - 5/31/25
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 debit/gift card	6/1/24 - 5/31/25
Get a flu shot	The flu is not just a nuisance-it can lead to more serious health issues. Help protect yourself and others around you.	\$25 debit/gift card	6/1/24 - 5/31/25
Get a mammogram (preventive exam)	Breast cancers can be found using mammogram tests. Get tested and earn awards.	\$75 debit/gift card	6/1/24 - 5/31/25
Get a colon cancer screening (preventive exam)	Colon cancer can be treatable when detected early. Get tested.	\$75 debit/gift card	6/1/24 - 5/31/25
Get a cervical cancer screening (preventive exam)	Pap and HPV tests can detect changes that lead to cervical cancer.	\$75 debit/gift card	6/1/24 - 5/31/25
Get a prostate screening	A prostate screening can detect changes that lead to prostate cancer.	\$75 debit/gift card	6/1/24 - 5/31/25
Get a skin cancer test	A skin screening can help detect skin cancer. This is a diagnostic test (not preventive).	\$50 debit/gift card	6/1/24 - 5/31/25
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 debit/gift card (can be earned twice/year)	6/1/24 - 5/31/25
Talk to a health coach and make progress to overcome a chronic health problem	Work one-on-one with a health coach on a long-term health problem such as congestive heart failure, depression, diabetes, low back pain, etc.	\$50 debit/gift card (can be earned twice/year)	6/1/24 - 5/31/25

Goal type	Description	Award	Timing
Complete 16 lessons of the Cigna Diabetes Prevention Program within a 26 week period	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. Eligible once per lifetime.	\$100 debit/gift card	6/1/24 - 5/31/25
Complete 16 lessons of the Omada program for hypertension & type 1 or 2 diabetes.	This online program offers support for hypertension and diabetes. Available through Cigna in collaboration with Omada. Get started now.	\$100 debit/gift card	6/1/24 - 5/31/25
Complete your annual eye exam	Self-report. Subject to audit.	\$25 debit/gift card	6/1/24 - 5/31/25
Participate in the City of Buckeye Step Challenge with 10k steps/day	Self-report. Subject to audit.	\$10 debit/gift card	6/1/24 - 5/31/25
Participate in the Buckeye Marathon (5k, 10k, half or full marathon)	Self-report. Subject to audit.	\$20 debit/gift card	6/1/24 - 5/31/25
Enroll in 457(b) or increase contribution by \$20/month	Self-report. Subject to audit.	\$20 debit/gift card	6/1/24 - 5/31/25
Speak with a coach starting in your 1st trimester and after your baby is born	Get support and guidance during your 1st trimester and after your baby is born.	\$250 debit/gift card. Spouses eligible.	6/1/24 - 5/31/25
Speak with a coach starting in your 2nd trimester and after your baby is born	Get support and guidance during your 2nd trimester and after your baby is born.	\$125 debit/gift card. Spouses eligible.	6/1/24 - 5/31/25



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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*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.

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