

2009 Annual Preventive Exam Requirement

January 1 – December 31, 2009

To qualify for the \$125 HRA Healthy Awards Account reward, you must complete all 3 steps:

1. Complete the health assessment.
2. Have a covered, in-network annual preventive exam with the following Biometric Screening Measurements, and complete the Awards Completion form in order to receive the \$125 into your HRA Healthy Awards Account. *(Just a reminder that you also have to complete the Health Assessment).*
 - Glucose
 - Total Cholesterol
 - Height
 - HDL Cholesterol
 - Triglycerides
 - Weight
 - LDL Cholesterol
 - Blood Pressure
3. Complete and submit an award completion form by logging on to mycigna.com and then follow the instructions below.

On the homepage, please click on **“View Account balances and transaction histories”** link under the Accounts section.

- Go to** My Awards Programs
- Select** View My Awards Program
- Click on** Submit Completion form within the Client Programs section
- Scroll** Award Program Description to determine if you meet the criteria to earn the award dollars
- Select Appropriate Choice** Completed By to reflect who has earned the award dollars
- Fill in the** Date Completed
- Click on** Submit

The image shows two screenshots of the myCIGNA website. The top screenshot displays a table of Client Programs with columns for Client Programs, Award, Program End Date, and Redeem Awards. The bottom screenshot shows the 'Well Care – \$100 into Healthy Award' form, which includes a section for 'Who completed this program?' with a dropdown menu for 'Completed By' and a date field for 'Date Completed'.

Client Programs	Award	Program End Date	Redeem Awards
Health Assessment	\$ 25 into Healthy Award	12/31/2009	Automatic
Annual Preventive Exam	\$100 into Healthy Award	12/31/2009	Submit Completion Form

Total reward – \$125 into your HRA Healthy Awards Account (For your health assessment completion, receiving your covered, in-network preventive care exam, and completing the self-report form for your preventive exam. Please note: If you only complete the health assessment, you will only receive \$25 into your HRA account).

Only Employees and spouses, age 18 and over, enrolled in the CIGNA HRA Choice Fund plan are eligible for the HRA Healthy Awards Account reward. Reward is limited to once per calendar year. Dependent children and Medicare Advantage enrollees are not eligible for reward.

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