

2017 INCENTIVE PROGRAM

# CHOOSE YOUR INCENTIVES

**Motivation and support** to help you along  
your personal health journey



Together, all the way.<sup>SM</sup>



# STEP UP TO GOOD HEALTH

**We could all use a little nudge when it comes to improving our health.** That's why our incentive program is designed to support and reward you — **with up to \$800 in your paycheck** — when you take key steps to be healthy.

**1** [Unlock your incentives >](#)

**2** [Build a strong foundation >](#)

**3** [Choose your wellness path >](#)

## **Invite the family!**

Your covered spouse/domestic partner can earn incentives, too — **up to \$500.**

**Note:** Some links in this brochure will only work if you're using a work computer and on Cigna's server.

STEP 1

# UNLOCK YOUR INCENTIVES

To be eligible for any incentives, you and your covered spouse/domestic partner must take the online health assessment.

Complete the confidential questionnaire at [myCigna](#) > My Health Tab > Take Health Assessment to get a personalized assessment of your health each year.



## Ready to start your activities?

**Go ahead!** Just know that incentives won't be paid until you complete this required step.



## It pays to be tobacco free!

To pay less for medical and **avoid the \$30 per paycheck surcharge**—declare your family tobacco free when you enroll or commit to participate in Quit Today. To join, call **1.888.992.4462**.

## STEP 2

# BUILD A STRONG FOUNDATION

**It's amazing how much a few key health numbers can impact your overall health.**

The healthier they are, the healthier you are. That's why **you're rewarded up to \$300 when these health numbers fall within healthy ranges** — or you take steps to improve them.



### Target health numbers (up to \$300; \$75 each)

To earn this incentive, you need to have:

- A Body Mass Index (BMI) under 30
- Blood pressure of 139/89 or less
- Total cholesterol less than 239
- Blood glucose less than 140

To earn this incentive, provide validated biometric results for your BMI, blood pressure, total cholesterol, and blood glucose every other year.

more info



more info



### Can't meet those numbers? You can also earn the incentive if you:

- Work with a health coach to improve your numbers. Call **1.888.992.4462** to get started.
- Submit a Physician Alternative/Waiver Form
  - **Activity-Based Physician Recommended Alternative/Waiver Form**
  - **Outcome-Based Physician Recommended Alternative/Waiver Form**

## STEP 3

# CHOOSE

## YOUR WELLNESS PATH

**Your health journey is unique to you. So we encourage you to create your wellness program with activities that match your goals and personality.**

**Love your smartphone?** Earn incentives with wellness apps.  
**Competitive by nature?** Consider a health challenge.

### Cigna Activities

Take advantage of health-boosting activities, programs, and events offered through Cigna.

Want to learn more? Visit [myCigna](#) > My Health Tab or call Cigna Customer Service at **1.888.992.4462**.



### Apps & activities

Up to \$500, \$100 every 1,000 points

Earn points by exploring various health apps and activities at [myCigna](#) > My Health Tab > Apps & Activities.

### Healthy habits

Up to \$400, \$100 each

Participate in a qualified exercise or weight management program and submit a **Healthy Habits Form**.

### Preventive care

\$100

Earn an incentive when you complete an annual physical or OB/GYN well woman exam. You'll earn the incentive when the claim is processed.

## STEP 3 (cont'd)

# 2017 CIGNA ACTIVITIES

Keep things fresh with activities and programs that change throughout the year. Here's what's coming up!

### Health seminars

Up to \$250, \$25 each

Watch specific seminars on Cigna University. Cigna's Mindfulness seminars are available now through December. Visit the [Health Campaigns](#) section of *Your Cigna Life* for the complete list of eligible seminars. Watch your email for details.

### Healthy Life Challenges

Up to \$450, \$150 each

Look for more information coming throughout the year.

### Healthy Life pilot program

Up to \$300, \$100 each

Participate in pilot programs to test new products and services. Watch for information in *Your Cigna Life* or via email communication.



### Worksite biometric screenings

Get started earning incentives with an on-site biometric screening. If you don't live or work near a Cigna Healthy Life Care Center, there may be an on-site biometric screening event at your location. Check with your office or local Healthy Life Team for upcoming dates.

## STEP 3 (cont'd)

# GET COACHED

Need extra support? Health coaching might be for you. Whether online, by phone, or in person (some locations), Cigna's health coaches offer that extra push you need to reach your goals.

## Reach a health coach:

Call **1.888.992.4462** to speak with a health coach today.



### Treatment decision support

Up to \$200, \$100 each

Discuss treatment options for back pain, hip/knee osteoarthritis, heart problems, benign uterine conditions, prostate cancer, or breast cancer and make an informed choice with your health coach. Do this before receiving knee, hip, or back surgery, and you'll avoid paying an additional \$1,000. Call today!

### Healthy Pregnancies, Healthy Babies

Up to \$500

Get support and guidance throughout your pregnancy. Join during the first or second trimesters to earn an incentive.

 more info

### My Health Assistant online coaching

Up to \$500, \$50 each

Complete online programs designed to help you meet a variety of health goals.

### Healthy lifestyle coaching

Up to \$150 each

Work with a health coach to quit tobacco, reach a healthy weight, or lower stress. Call today!

### Health and chronic condition coaching

Up to \$500, \$100 each

Work with a health coach to achieve a fitness, diet, or health goal, or make progress on a long-term health problem (e.g., diabetes, low back pain). Call today!

# MAKE IT A FAMILY AFFAIR

Invite your covered spouse/domestic partner to participate and earn up to \$500 in incentives.



Your covered spouse/domestic partner can get started by registering on [myCigna.com](https://myCigna.com) and visiting My Health Tab > Incentives for the individual activity amount. The health assessment is required before your spouse/domestic partner can start earning incentives.

more info

**Build a Strong Foundation (target health numbers)**

Up to \$300, \$75 each target

**Preventive care**

Up to \$100

**Apps & activities**

Up to \$200

more info

**Healthy Life pilot program**

Up to \$200

**Healthy Life Challenges**

Up to \$200

**Healthy habits**

Up to \$200

**Treatment decision support**

Up to \$200

**Healthy Pregnancies, Healthy Babies**

Up to \$200

**Centers of Excellence**

Up to \$200

**My Health Assistant online coaching**

Up to \$200

**Healthy lifestyle coaching**

Up to \$200

**Health and chronic condition coaching**

Up to \$200

# THE NITTY GRITTY

**We've covered the big picture. Here's the fine print — a few key details to know.**

1

**To earn an incentive, you must be enrolled in the Cigna Medical Plan** when incentives are earned and paid. The same applies to your covered spouse/domestic partner. Keep in mind that you can't earn more than the maximum incentive amounts (\$800 for you and \$500 for your spouse/domestic partner).

2

**You and your covered spouse/domestic partner must take the health assessment to earn any incentives.**

3

**2017 incentives will be paid each quarter** — in April, July, October, and December. See **Incentive Payments and Deadlines** at the bottom of the webpage for details.

4

**We have options for you.** If you don't think you can meet a health standard or complete an activity to earn an incentive, you might be eligible to earn the same reward by different means. Contact the Healthy Life Personal Health Team at **1.888.992.4462**, and a coach will work with you (and, if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status.



## QUESTIONS?

Contact your personal health team at  
**1.888.992.4462.**