

## Stay healthy. Earn money. Now there's an incentive for you!

Welcome to your Healthy Rewards Incentive program. If you're enrolled in the Cigna Medical Plan, find out how much money you can earn by participating in certain health-related activities. Build your 2015 incentive program now!

**Print these pages** and check off the healthy steps you plan to take, then add up your rewards!

### Just how much can you earn?

Employees in the Cigna Medical Plan can **earn up to \$1,026**. You can earn these incentive dollars by qualifying for the Tobacco Free incentive and participating in Healthy Life activities. If you have a spouse or partner enrolled, there is another \$500 in rewards available if they complete their own personal plan.

Follow these easy steps to build your own personal plan, and stay healthy!

### Step 1 - Enrollment Activity: Tobacco Free Incentive

- Non-Tobacco-user: \$260\*
- Will Join **Quit Today**®: \$260\*
- Not ready to quit: \$0

\*Incentive received upon enrollment or completion of **Quit Today**® program

### Step 2 - Healthy Life Activities

- Complete your online health assessment at [myCigna.com](http://myCigna.com)
- Submit validated biometric screening results. Please note that biometric results submitted 1/1/14 or more recently do not need to be resubmitted.

While this step carries no monetary rewards, it is required before you can start earning additional incentives. Completing the outlined health assessment at [myCigna.com](http://myCigna.com) and submitting validated biometric screening results are required to enroll in both the Healthy Life HRA and Choice HRA/HSA for 2016.

### Step 3 - Maintenance

Once your validated biometric screening results have been submitted and processed, visit [myCigna.com/managemyhealth](http://myCigna.com/managemyhealth) and then select "My Health Records" to see if:

- I met my target - Skip Step 4 and go straight to building your own plan
- I have work to do - Proceed to Step 4 and choose from the following engagement alternatives



Achieve BMI <30



Achieve BP <= 139/89

### Step 4 - Engagement Alternatives

If you're having trouble meeting your biometric targets, participate in an activity that best suits your needs. You can **earn \$266** by completing one of these engagement activities:

- Make lifestyle changes on your own and resubmit your numbers
- Achieve a goal with a health coach
- Complete an online program such as My Health Assistant
- Submit a physician alternative/waiver form

## BUILD YOUR PLAN

To achieve your maximum amount in incentive rewards, select the healthy activities that suit your lifestyle.



### LIVE COACHING: Call 1.888.992.4462 to get started

You can **earn \$100** for each activity (unless specified otherwise), up to a maximum of **\$500** for all activities in your own plan.

- Achieve a health goal such as losing weight or improving biometric numbers\*\*
- Get help with lifestyle improvements\*\*
- Manage a health condition\*\*
- Obtain treatment decision support
- Seek maternity management in the first trimester - **\$200 reward**
- Seek maternity management in the second trimester
- Use an orthopedic center of excellence
- Use a cardiac surgery center of excellence
- Use a childbirth center of excellence
- Use a transplant center of excellence

\*\*By phone or in-person support where available



### ONLINE COACHING: Visit [myCigna.com](https://myCigna.com) to get started

Choose an online coaching program with the flexibility to fit your needs. You can **earn up to \$50** for each activity, up to a maximum of **\$500** for all activities in your own plan.

Get help in the areas of:

- Exercise
- Nutrition
- Positive Mood
- Weight
- Stress
- Tobacco
- Diabetes
- Asthma
- COPD
- Heart Disease
- Heart Failure



### APPS AND ACTIVITIES: Visit [myCigna.com](https://myCigna.com) to get started

In addition to live or online coaching there are apps and activities for fitness, nutrition, weight control, sleep, blood pressure and diabetes. Each of these activities is worth a variety of points. Once you earn 1000 points you can earn a **\$50** incentive, up to a maximum of **\$500**.

#### Fitness

- Step it out** - Try to reach 15,000 steps this week, approximately 2,000 steps equals one mile
- Step it up** - Can you reach 40,000 steps this week? 10,000 steps is approximately five miles
- Stretch your steps** - Time to push it. Try to log 75,000 steps this week. Remember 10,000 steps is approximately five miles

#### Nutrition

- Food tracking 101** - Try to track as much of your daily food and beverage intake as you can this week
- Roots and fruits** - While tracking as much of your daily food and beverage intake as you can this week, try to add an extra daily serving of fruit or vegetables
- Bye-bye, drive thru** - While tracking as much of your daily food and beverage intake as you can this week, try to eat no more than three fast food meals

#### Weight Control

- Get on track** - You are what you eat, so let's start tracking it. Try to log at least one meal a day for five days this week
- Calorie counter** - Get a clear picture of your overall calorie intake by tracking your total daily calorie consumption for at least five days this week. Keep it real. Track everything you eat and drink.
- Track it and move it** - Add both exercise tracking and calorie counting to your routine this week. Track at least three exercise events and at least five days of total calorie consumption

## Sleep

- Cut the caffeine** - Make an effort to limit yourself to one caffeinated beverage (coffee, tea, soda, energy drink) per day this week. Don't forget to track your sleep
- It's bedtime** - Try going to bed at approximately the same time for five days this week. Track your bedtime and stay within one hour at least five days this week
- Breathe deep, rest easy** - Try to practice breathing deeply for 10 minutes before bed for five nights this week. Make sure you remember to track your sleep

## Blood Pressure

- Pressure tested** - Measure your blood pressure at least once a day and at least five days a week and log it. This will help you stay on track
- Let's get physical** - Try to log 40,000 steps this week. 10,000 steps is approximately five miles so that's about 20 miles
- Daily dose** - Take your medicine at the same time each day, or as directed by your doctor. This will help you stay on track with getting your blood pressure under control

## Diabetes

- Track it** - Keep a log of your blood glucose each time you take a measurement for one full week
- Dose it out** - Take your medications at the same time each day, or as directed by your doctor. This will help you stay on track with managing your blood sugar
- Walk this way** - Try to take 10,000 steps per day for at least four days this week. 10,000 steps is approximately five miles



## CIGNA ACTIVITIES:

Reward amounts for these activities vary by incentive goal:

- Complete Healthy Life Seminars - \$50
- Participate in a Healthy Life-sponsored pilot program - \$100
- Participate in a Healthy Life challenge - \$150

**Reminder: Completing the outlined health assessment at [myCigna.com](http://myCigna.com) and submitting validated biometric screening results are required to enroll in both the Healthy Life HRA and Choice HRA/HSA for 2016.**

If you complete enough activities to reach your \$1,026 maximum, that's great! Any additional activities you choose beyond your \$1,026 cap are free to all covered employees and their covered dependents.

**Print these pages** and keep them handy to remind you how much you can earn by taking a few healthy steps in the right direction.

To begin your own personal incentive program, log on to [myCigna.com](http://myCigna.com) or call **1.888.922.4462**

You're committed to staying healthy. Cigna is committed to rewarding you for it.

**This PDF is just illustrative. You must actually complete the activities to earn the incentives.**

Your health plan is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all regular employees enrolled in the Plan. 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 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.