## MotivateMe 2018



## Take Charge of your Health and Wellness

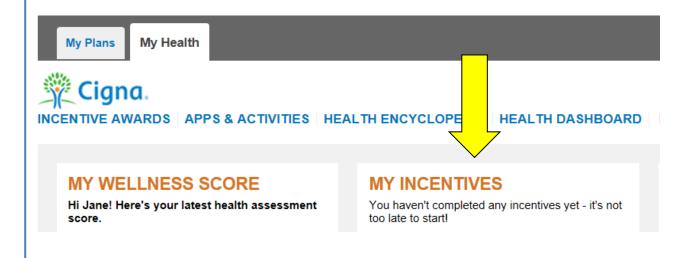
KrolLDiscovery is partnering with Cigna to offer a program that rewards you for participating in health improvement activities. This program is open to KrolLDiscovery employees enrolled in a medical plan through Cigna. You can earn up to \$400 for employee only coverage and up to \$800 for employee plus one or more coverage if completed by November 30, 2018.

The activities are automatically reported into Motivate Me by Cigna. The money you earn is redeemable on mycigna.com for health and wellness gift cards processed through Hallmark gift card service if you are enrolled in the OAP plan. If you are enrolled in the HSA Plan, the money you earn will be deposited into your HSA bank account.

## Where do you find Motivate Me on the mycigna.com website?

On the landing page, click on the My Health tab and then on the Incentives box in the top middle of the My Health page.





## **Motivate Me for KrollDiscovery for 2018**

Goal Type	Description	Who's eligible	Award Type	Amount
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.	Subscriber/ dependent/ spouse	OAP - receive gift cards HSA - money deposited in bank account	\$200 employee \$400 employee + 1/more
Get a personalized biometric screening	Know your numbers. Complete blood pressure, cholesterol, blood sugar and body mass index (BMI) screening.	Subscriber/ dependent/ spouse	OAP - receive gift cards HSA - money deposited in bank account	\$200 employee \$400 employee + 1/more