

HEALTHY YOU. HAPPY WALLET.

Access your MotivateMe® Incentives Awards page on myCigna.com to get started.



HEALTHY YOU. HAPPY WALLET.
Cigna MotivateMe Program®

Together, all the way.®



Ready to get started? Log in now.

- 1 Go to **myCigna.com**. Enter your user ID and password or take this opportunity to register now.

LOGIN / REGISTER HOW TO REGISTER SITE BENEFITS

Login to myCigna.com

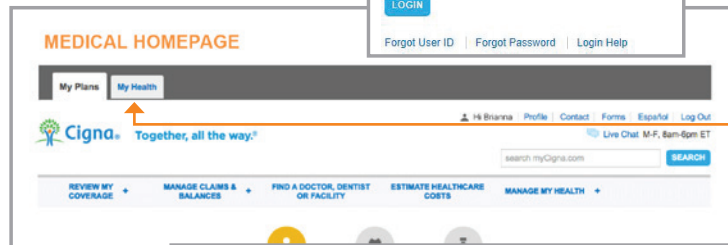
User ID

Password

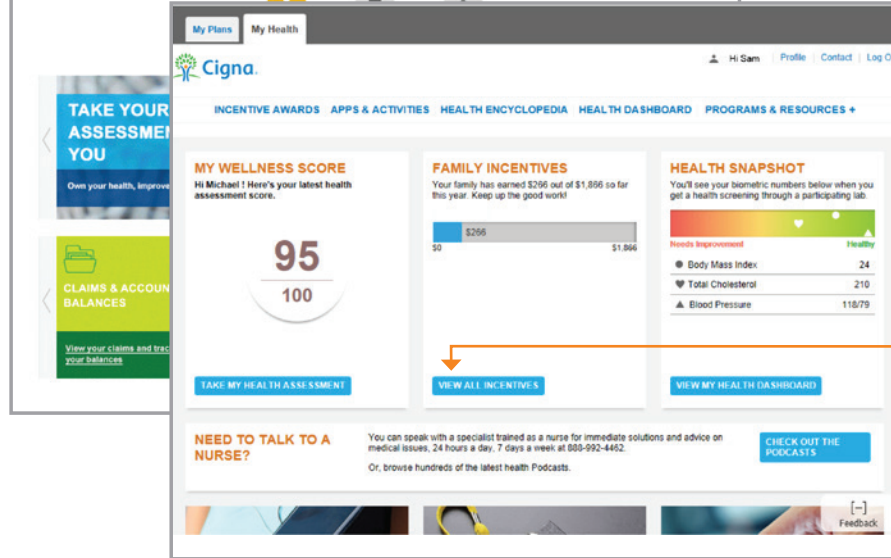
LOGIN

Forgot User ID | Forgot Password | Login Help

Congratulations on taking the first step to a healthier you (and happier wallet).



- 2 Click on **My Health**.

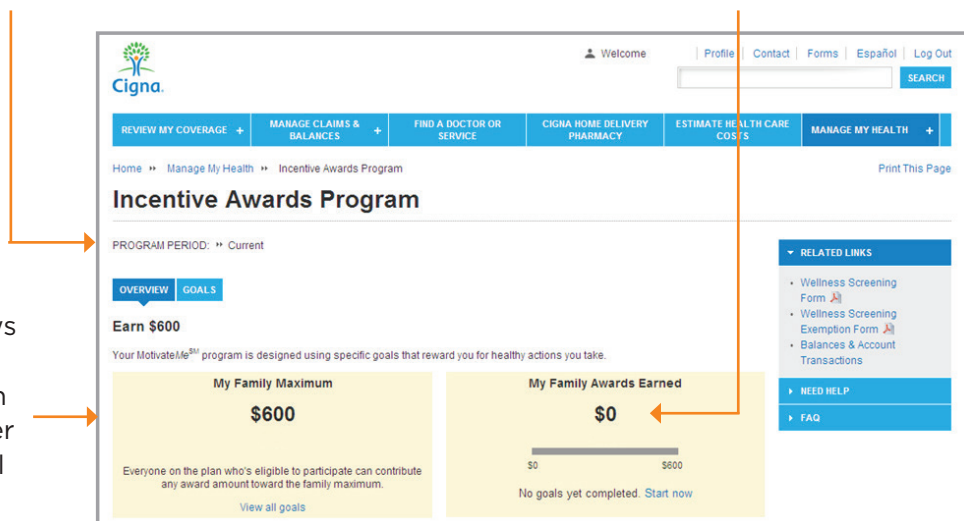


- 3 Then click on the **Incentives** Tile.

Take some time to explore.

- 1 **Program period** lets you review the incentive programs offered in the current plan year, as well as upcoming and past years.

- 3 **My Family awards earned** shows you and your family's rewards for healthy behaviors.



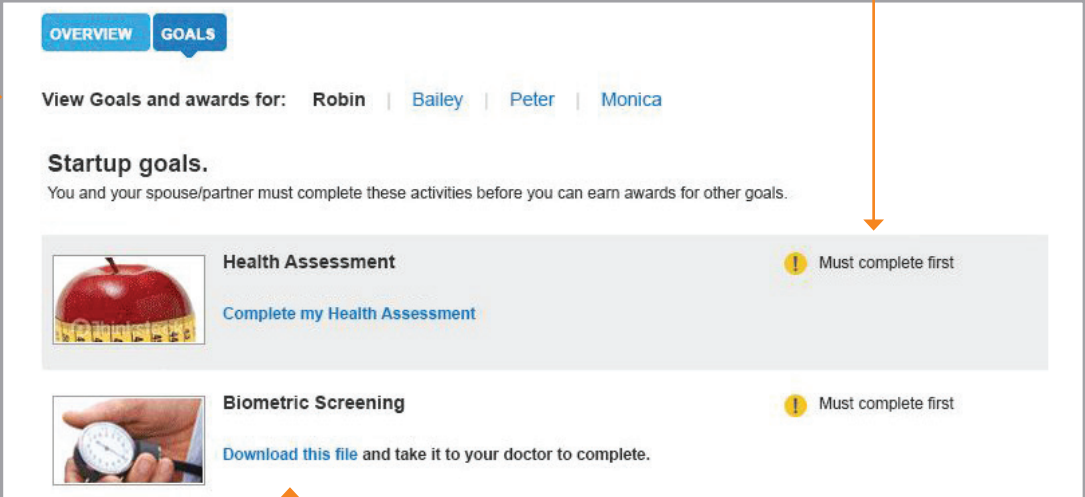
- 2 **Maximum** shows the total of the awards that can be earned either by an individual or by a family.



Take some time to explore. (cont'd.)

- 5 **Initial requirements** highlights goals you need to complete before other awards can be earned.


- 4 **View goals and awards** shows goals and awards available for each family member who is eligible to participate in the program.




OVERVIEW GOALS

View Goals and awards for: Robin | Bailey | Peter | Monica

Startup goals.
You and your spouse/partner must complete these activities before you can earn awards for other goals.

 **Health Assessment** ! Must complete first
[Complete my Health Assessment](#)

 **Biometric Screening** ! Must complete first
[Download this file](#) and take it to your doctor to complete.

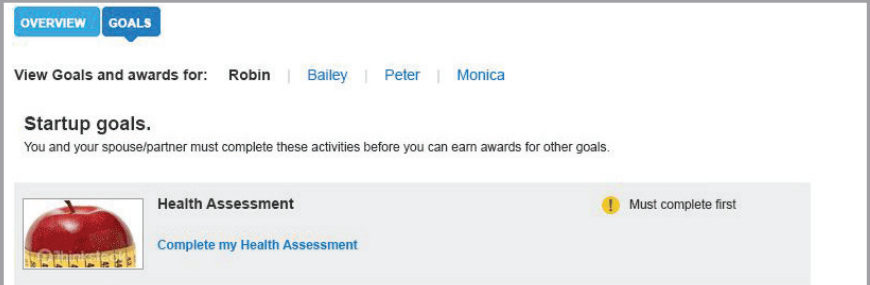
- 6 **Downloadable forms.** Customers may have a biometric screening* completed at an onsite event, at a participating lab or coordinated by their physician. If the biometric screening is coordinated by a physician, results may be reported to Cigna by using the form found here.

Take action.

Once you're familiar with the page, you'll be ready to take action – working toward goals and tracking your rewards.

- 1 **Health assessment*** completion is one of the easiest ways to start earning rewards. In just 20 minutes, this confidential online questionnaire gives you:


- › A clear picture of your health today; and
- › The steps you need to take now to improve your health in the future.



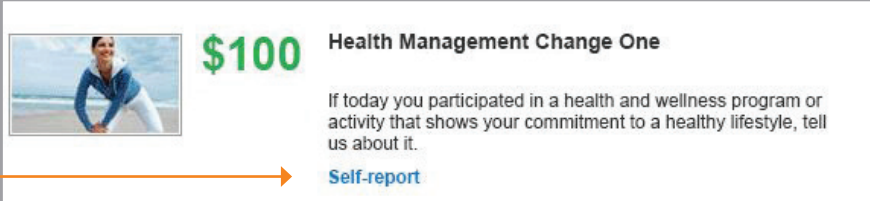
OVERVIEW GOALS


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[Complete my Health Assessment](#)

- 2 **Goals** will vary by individual and completion steps. Some goals can be self-reported, while others are system-verified or require validation from a health care professional.



 **\$100** **Health Management Change One**

If today you participated in a health and wellness program or activity that shows your commitment to a healthy lifestyle, tell us about it.

[Self-report](#)

*The health assessment and biometric screenings are examples of how you can take action. Your employer may offer different programs

Take action. (cont'd.)




③ **Alerts** will prompt you for the information required to complete and receive credit for each goal.

④ **Alternatives** may be offered for some goals. So if you think you might be unable to meet the goal as stated, you might qualify for an opportunity to earn the same reward by different means.

Step 2

Earn \$500 by completing these goals

After completing Step 1 goals, you and your family can start earning awards by completing the goals below.

 \$100	ACHIEVE A HEALTHY BODY MASS INDEX AND REDUCE MY CHANCE FOR DISEASE Body Mass Index (BMI) is a measurement of how much body fat you have in relation to the rest of your body. Achieve a BMI of less than 25. Download reporting form and take to your appointment Complete an alternate activities to meet this goal.	Completed \$100
 \$100	ACHIEVE A HEALTHY BLOOD PRESSURE AND LOWER MY RISK FOR A STROKE Get a blood pressure test. Aim for systolic (pressure when heart beats) of 139 OR diastolic (pressure when heart is resting) of 89 or less. Download reporting form and take to your appointment Complete an alternate activities to meet this goal.	
 \$100	ACHIEVE A HEALTHY LDL CHOLESTEROL LEVEL AND REDUCE MY RISK FOR HEART DISEASE Aim for a healthy LDL cholesterol target of 129 mg/dl or less. LDL, or low-density lipoprotein, is "bad cholesterol," which can raise your heart disease risk. Download reporting form and take to your appointment	Completed \$100

As always, Cigna health coaches and customer service representatives are available to support and encourage you at every turn.

Happily ever after is waiting.

Begin your journey by visiting **myCigna.com** now.

You can also view your incentives information by downloading the myCigna Mobile App.*



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