



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.



- 2 **Click on Incentive Awards** once you're logged in, and it will take you to your Incentive Awards page.

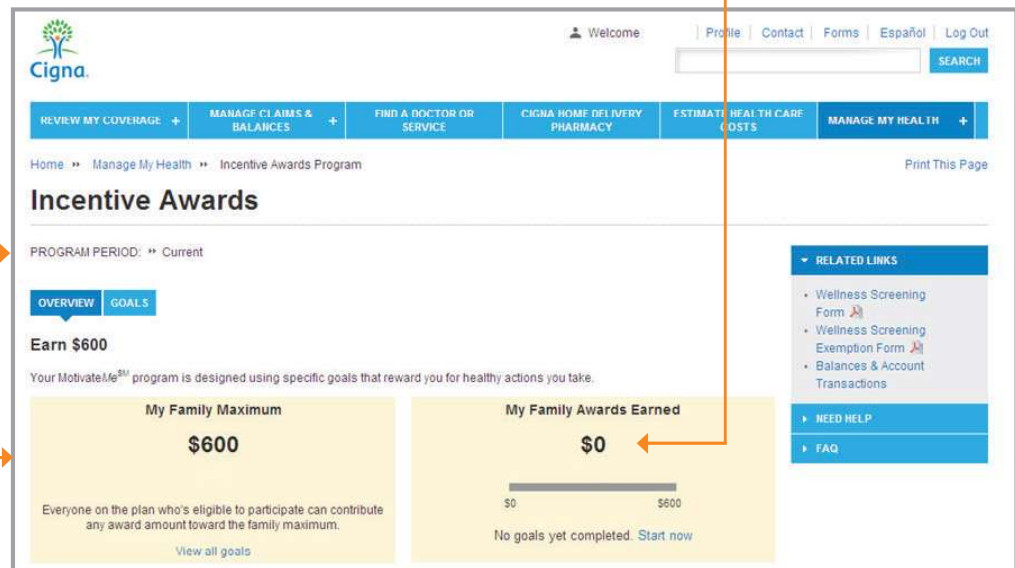
Congratulations on taking the first step to a healthier you (and happier wallet).

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 your, 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 health care provider. 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.
- › The steps you need to take now to improve your health in the future.

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 **Health Assessment** ! Must complete first
[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 provider.

 **\$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. 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.

5 **Redeeming your awards.** Once you've completed your goals and earned your rewards, you can click here to visit the award redemption page, when gift or debit cards are offered as a reward type.

Earn \$500 toward your Payroll by completing these goals

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

ACHIEVE A HEALTHY BODY MASS INDEX AND REDUCE MY CHANCE FOR DISEASE Completed \$100

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.

ACHIEVE A HEALTHY BLOOD PRESSURE AND LOWER MY RISK FOR A STROKE \$100

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.

Incentive Awards Program

Total Dollars for Debit Cards: EARNED \$100 | REDEEMED \$0 | REMAINING \$0

[Redeem your dollars](#)

PROGRAM PERIOD: Current

Cigna. Incentive Awards Program

HOME | CIGNA INCENTIVE AWARDS PROGRAM | PROGRAM INFORMATION

REDEEM MY INCENTIVE AWARDS | PREVIOUS AWARDS

Welcome John Doe

MY ACCOUNT

Dollars Available for Debit/Gift Cards: \$445.00

As always, Cigna health coaches and Customer Service Advocates 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® App.*



For all participants – 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 Cigna at 800.244.6224 and they will work with you and, if you wish, with your doctor.

For participants who may have an impairment – If you are unable to participate in any of the program events, activities or goals because of a disability, you may be entitled to a reasonable accommodation for participation, or an alternative standard for rewards. For worksite accommodations please contact your HR Benefits team at hrcbenefitsemal@ScottsdaleAz.gov; for accommodations with online, phone or other Cigna programs, please contact Cigna at 800.244.6224.

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