



# HEALTHY YOU. HAPPY WALLET.

Access your MotivateMe® Incentives Awards page on [myCigna.com](http://myCigna.com) to get started.



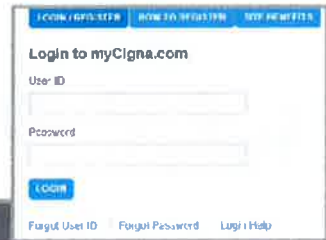
HEALTHY YOU. HAPPY WALLET.  
Cigna MotivateMeProgram®

Together, all the way.™

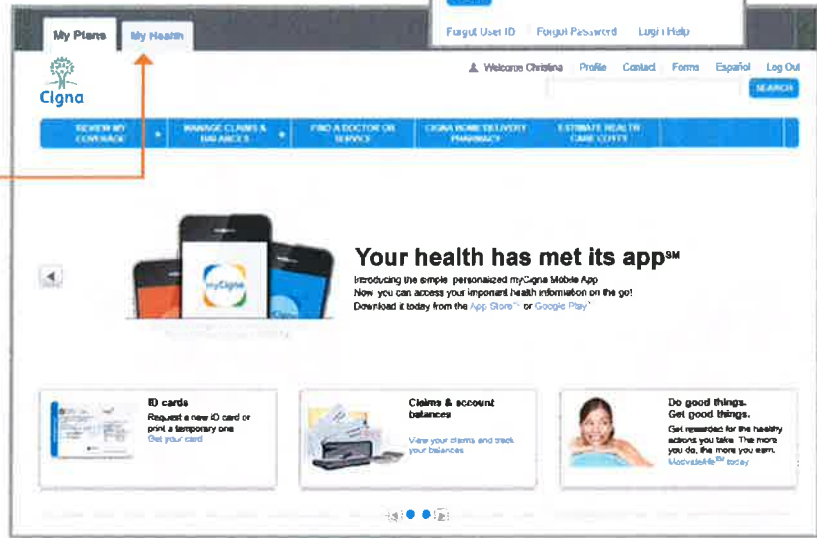


**Ready to get started? Log in now.**

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



2 Click on the My Health tab at the top of the screen.



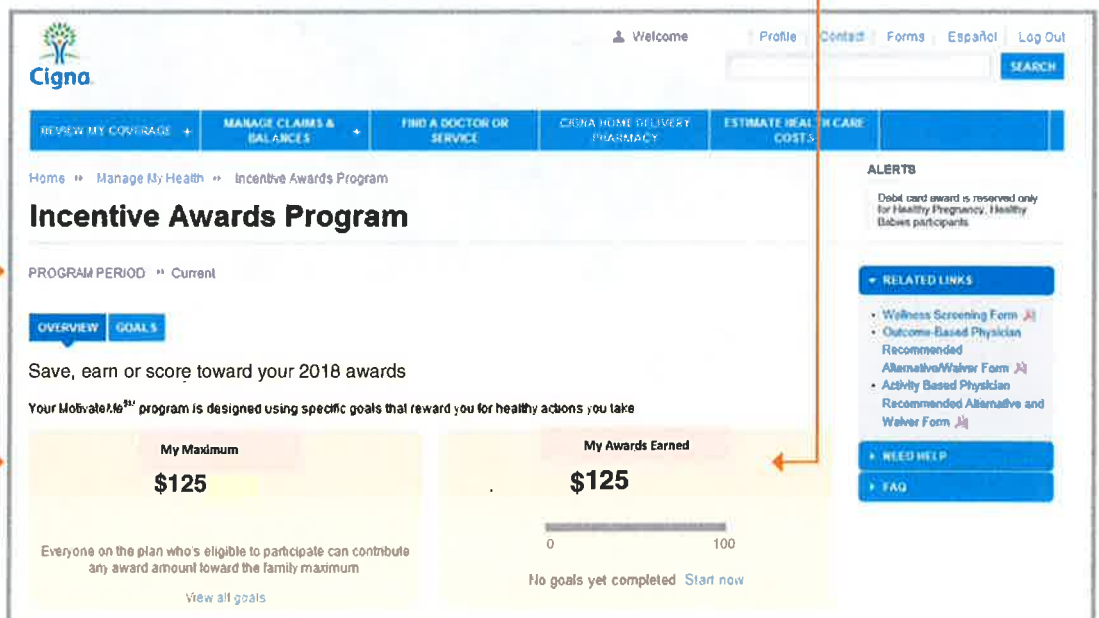
3 Click on "Incentive Awards"

**Take some time to explore.**

1 **Program period: 1/1/2018-12/31/18** lets you review the incentive programs offered in the current plan year, as well as upcoming and past years.

3 **My awards earned** show your rewards for healthy behaviors to date.

2 **Maximum- each employee can earn up to \$125**



## Take some time to explore Cont.

### ④ Understanding your Health Risks: To understand your health risks and determine where your health ranks Against your peers; complete the health assessment and preventive care screenings.


Total Dollars for Debit Cards: **EARNED \$0** | **REDEEMED \$0** | **REMAINING \$0** | [Redeem your dollars](#)

[Show details](#)

PROGRAM PERIOD: Current

[OVERVIEW](#) | [GOALS](#)


#### Core Earn \$125 toward a debit card by completing these goals



**\$50**


**Complete my annual physical (preventive exam)**  
Available: 01/01/2016 - 09/30/2016  
A low- or no-cost preventive exam that's used to reinforce good health, address potential and chronic problems.  
Get your physical. You will be credited when your claim is processed.

**OR**




**\$50**

**Get my annual OB/GYN exam (preventive exam)**  
Available: 01/01/2016 - 09/30/2016  
A preventive exam that can identify early ovarian and cervical cancers, HPV (human papillomavirus), breast cancer and more.  
Get your exam. You will be credited when your claim is processed.




**\$25**

**GET A PERSONALIZED HEALTH ASSESSMENT**  
Available: 10/01/2012 - 12/31/2013  
A confidential questionnaire that asks you about your health and well-being and provides a personalized assessment of your current health. (Don't forget, each person in your family taking the health assessment needs to register separately on myCigna.com.)  
[Complete my health assessment](#)




**\$25**

**I participated in a wellness activity**  
Available: 01/01/2016 - 12/31/2016  
If you participated in a health and wellness activity, it shows your commitment to a healthy lifestyle. Tell us about it.  
[Report my goal activity](#)




**\$25**

**Improve your Nutrition**  
Available: 01/01/2016 - 12/31/2016  
Eating healthy is essential to your overall well-being. Complete the Eat Better online program to get your nutrition back on track.  
[Let's get started](#)  
[View alternate activities to meet this goal](#)




**\$25**

**Exercise for Better Health**  
Available: 01/01/2016 - 12/31/2016  
Good fitness is important for better focus, higher energy and overall happiness. Complete the Enjoy Exercise online program.  
[Let's get moving!](#)  
[View alternate activities to meet this goal](#)




**\$25**

**Maintain a Positive Mood**  
Available: 01/01/2016 - 12/31/2016  
Track your moods to better understand how they affect your overall well-being. Complete the Feel Happier online program.  
[Learn more now](#)  
[View alternate activities to meet this goal](#)




**\$25**

**Work Towards a Healthier Weight**  
Available: 01/01/2016 - 12/31/2016  
Losing even a small amount of weight can help improve your health in many ways. Complete the Lose Weight online program.  
[Let's get started](#)  
[View alternate activities to meet this goal](#)




**\$25**

**Manage your Stress**  
Available: 01/01/2016 - 12/31/2016  
Stress is unavoidable, but we can help you manage it. Complete the Conquer Stress online program.  
[Learn how today](#)  
[View alternate activities to meet this goal](#)




**\$25**

**Quit Tobacco - One Month Program**  
Available: 01/01/2016 - 12/31/2016  
When you quit tobacco, you reduce many risk factors for health problems in your family. Complete the Quit Tobacco one month online program.  
[Kick the habit today](#)  
[View alternate activities to meet this goal](#)




**\$25**

**Quit Tobacco - Six Month Program**  
Available: 01/01/2016 - 12/31/2016  
Quit for good – and reduce many risk factors for health problems in your family. Complete the Quit Tobacco six month online program.  
[Kick the habit for good](#)  
[View alternate activities to meet this goal](#)




**\$25**

**Control your Asthma**  
Available: 01/01/2016 - 12/31/2015  
Properly managing and controlling your asthma is essential for a long and productive life. Complete the Manage Asthma online program.  
[Get started now](#)  
[View alternate activities to meet this goal](#)




**\$25**

**Manage Your Heart Disease/Coronary Artery Disease**  
Available: 01/01/2016 - 12/31/2016  
CAD can weaken the heart muscle, but awareness and positive behavioral changes can help. Complete the Manage Coronary Artery Disease (CAD) online program.  
[Learn more now](#)  
[View alternate activities to meet this goal](#)




**\$25**

**Manage your Chronic Obstructive Pulmonary Disease (COPD)**  
Available: 01/01/2016 - 12/31/2016  
Daily management and lifestyle changes can help preserve lung function. Complete the Manage Chronic Obstructive Pulmonary Disease (COPD) online program.  
[Learn more now](#)  
[View alternate activities to meet this goal](#)



**\$25**

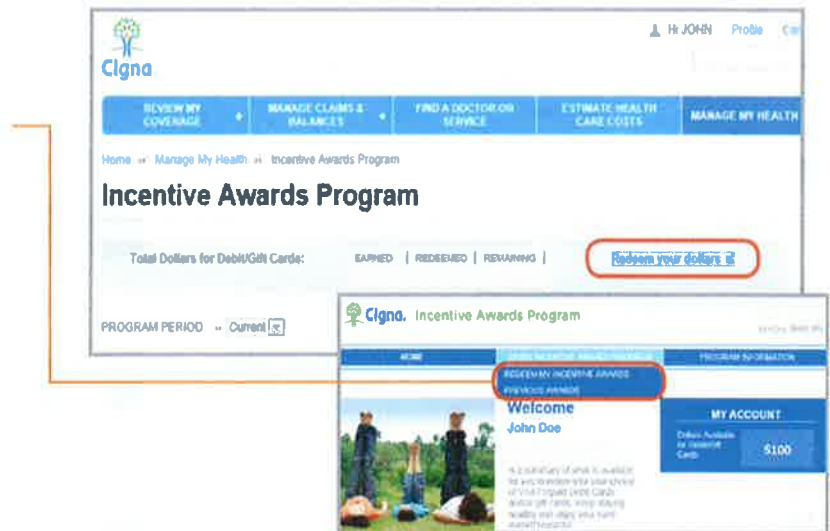
**Manage your Diabetes**  
Available: 01/01/2016 - 12/31/2016  
Learn how to reduce your risk for heart-disease and diabetes-related complications. Complete the Manage Diabetes online program.  
[Get started now](#)  
[View alternate activities to meet this goal](#)



**\$25**

**Managing Heart Failure**  
Available: 01/01/2016 - 12/31/2016  
Daily managing and monitoring is the key to living a longer life. Complete the Manage Heart Failure online program.  
[Get started now](#)  
[View alternate activities to meet this goal](#)

- 5 **Redeeming your awards:** Once you've completed your goals and earned your incentive, click here to redeem your debit card.



Happily ever after is waiting.  
Begin your journey by visiting [myCigna.com](https://myCigna.com) now.