



IT PAYS TO GET HEALTHY

The Cigna MotivateMe Program® rewards your healthy actions

Your employer wants to help you get healthy and stay healthy. So when you get involved in wellness goals sponsored by your company, you can easily earn rewards,* including money. And the more you do, the more you earn.

- › Health assessment
- › Biometric screening
- › Annual preventive exams
- › Pharmacy steerage
- › Digital Diabetes Prevention Program
- › Coach by phone
- › And a variety of other healthy activities

Getting started is easy

Visit **myCigna.com** and select “Wellness” or “View my incentives” to:

- › Find detailed instructions on how to get started
- › View a list of eligible goals and matching rewards
- › Check and track your completed goals and earned rewards.

Reasonable alternatives may be available for certain activities. Please refer to program materials for more information.

The rewards you earn will be automatically applied toward a:

- › Debit/gift card

If you are eligible for an incentive as part of your Employer wellness program: 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. Please refer to your Employer’s program materials for program and contact information, or contact Cigna at 855.246.1873 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 Employer at Shared Services. For accommodations with online, phone or other Cigna programs, please contact Cigna at 855.246.1873.

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The rest is up to you

For more information or help setting up your account, visit **myCigna.com** or call **800.244.6224**. You can also find information by downloading the myCigna Mobile App for your mobile device.**

*Incentive awards may be subject to tax; you are responsible for any applicable taxes. Please consult with your personal tax advisor for assistance.

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