Motivate*Me*: It's Not Too Late to Feel Great

It's that time of year again—the air is crisp, the leaves are changing, and the deadline to earn 2020 Motivate*Me* rewards is just around the corner.

Motivate*Me* is an incentive program for employees and retirees who subscribe to a Fairfax County health plan. The purpose of the program is to encourage participants to *actively* engage in their health and wellbeing through a relationship with their primary care provider, educational activities, and preventive care.

Basically, take steps toward a healthier lifestyle, and get rewarded.

Participants can earn up to $200 per year for having an annual physical, taking the online health assessment through their health plan's website, and participating in other activities, such as dental and vision exams, LiveWell webinars, and health coaching.

Reminder: All activities must be posted to the Motivate*Me* portal on mycigna.com, or received by LiveWell@fairfaxcounty.gov via Kaiser passport, by 11:59 pm on December 31. No exceptions will be made.

Did you know? It can take up to 6 weeks for claim-based activities such as an annual physical or cancer screening to be posted to the Motivate*Me* portal on mycigna.com, and several days for self-entered activities, and the health assessment to be posted to the Motivate*Me* portal, so please do not wait until the last minute to complete and log your activities.

Participants who earn rewards in 2020 and remain enrolled in any of the Fairfax County Government health plans will receive rewards in their pension check by the end of March 2021.

Additional Updates:

- Due to the COVID-19 pandemic, Motivate*Me* participants can count LiveWell sponsored webinars as both workshops and webinars, as in-person events have been suspended. These can be self-entered on mycigna.com or on the Kaiser passport.

- If you are a retiree currently participating in Motivate*Me* who had a Medicare wellness exam or other preventive service fully covered by Medicare, please send documentation, such as an explanation of benefits (EOB) to LiveWell@fairfaxcounty.gov that includes the following, by December 31, 2020:
    - Your Name
    - Physician Name
    - Service Provided (i.e. Mammogram, Physical, Cervical Cancer Screening, etc.)
    - Date of Service (must have taken place within 2020)

- Retirees who elect the Cigna True Choice Core Medicare Advantage Plan or the United Healthcare Group Medicare Advantage Plan have access to their own wellness and incentive programs and will NOT have access to the Motivate*Me* program and rewards. Retirees in these plans will be eligible to participate in other LiveWell programs such as workshops and webinars, special events, subsidized RECenter passes, and flu vaccine events. Retirees in the Kaiser plans will still be able to earn rewards through Motivate*Me*.