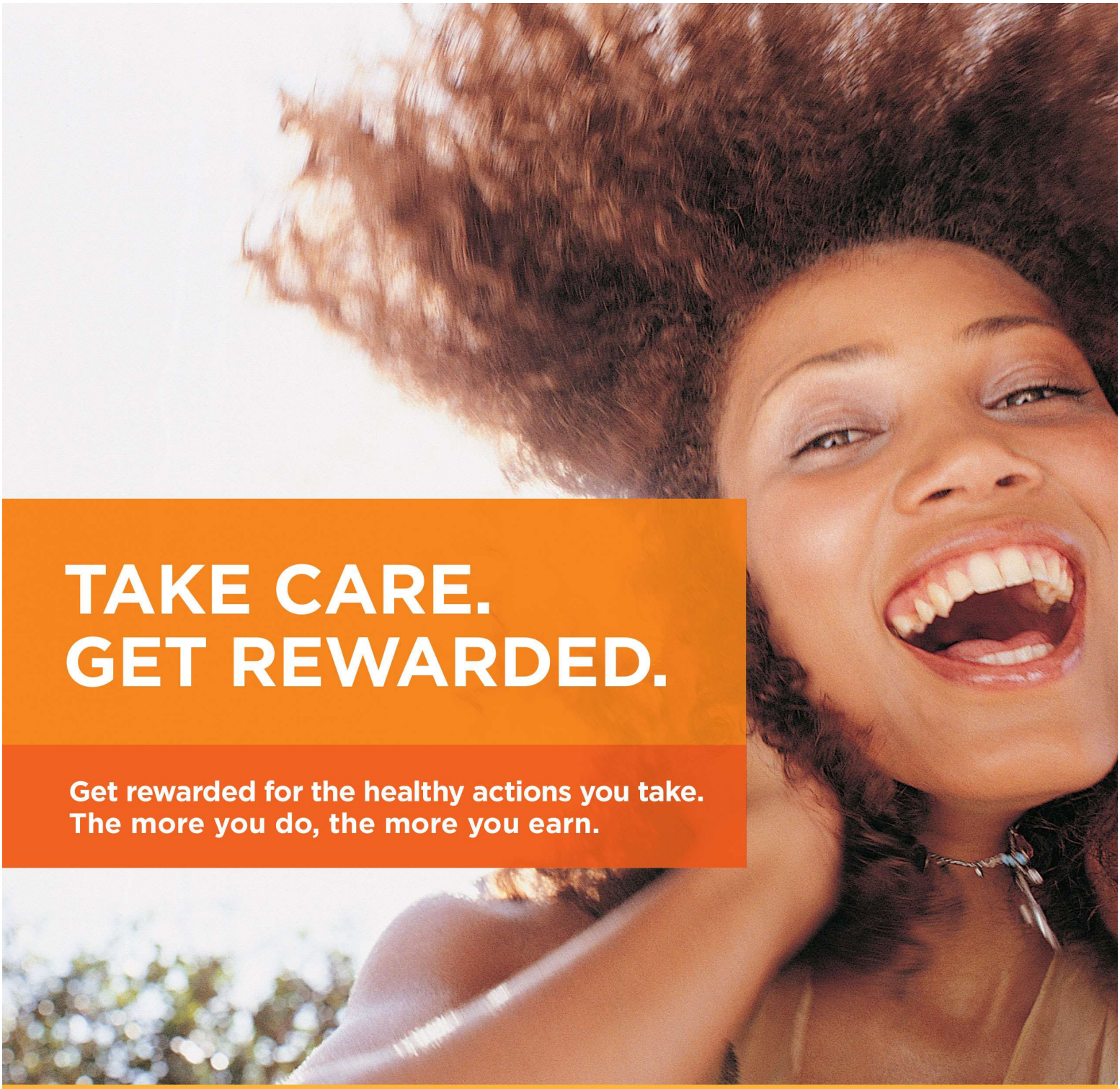


# TAKE CARE. GET REWARDED.

**Get rewarded for the healthy actions you take. The more you do, the more you earn.**

**HEALTHY YOU. HAPPY WALLET.**

**Cigna Motivate*Me* Program®**

**Together, all the way.®**

Cigna®

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# Cigna Motivate*Me* Program®

Motivate*Me* is an incentive program that helps you change unhealthy behaviors and rewards you for it. And that's important, because taking healthy actions will help reduce your risk of illness, disease and costly medical treatment. With Motivate*Me*, you'll work toward achieving real results that mean a real, healthy change for you.

Take care with things like a health assessment or biometric screening and you may earn awards,* such as lower plan premiums or deposits into your health fund account or paycheck. The more you do, the more you earn. Of course, the best reward is your good health.

## A uniquely personalized experience

Anyone who's ever tried to undo a bad habit or maintain a new, healthy one knows how hard it can be. It takes time, determination and, sometimes, your own personal cheering section.

To help make it easy, our health coaches and customer service representatives will be there to support you throughout – online or by phone. We'll remind you about which health and wellness activities and programs you're eligible for, suggest helpful online resources like our Motivate*Me* incentive page, and encourage you – from start to finish.

## I'm ready. How do I start?

Visit **myCigna.com** > Incentive Awards Program

There, you'll find:

- A list of available healthy actions and goals
- Details on how to get started
- Instructions on how to earn and redeem your rewards

Download on the App Store | GET IT ON Google Play | Available at amazon

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

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



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 866.494.2111 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 work-site accommodations please contact your HR administrator. For accommodations with online, phone or other Cigna programs, please contact Cigna at 866.494.2111.

*Biometrics Form: When you are logged into your account, you can scroll to the bottom of the page. Under Popular Links, click on Find a Form. Next, scroll down until the section for Wellness Screening and Waivers. Then, click on Wellness Screening Form to open the PDF file.

You can also hover over Wellness and select Wellness & Incentives. Next, click on View All Incentives. Then, on the right hand side, you will see abox for Related Links. In this section click on Wellness Screening Form to open the PDF file.

| Goal type | Description | Award type | Employee award | Spousal award | Timing |
|---|---|---|---|---|---|
| Get a personalized health assessment | A confidential questionnaire that asks you about your health and well-being and provides a personalized assessment of your current health. | Debit/Gift Card redeemable on myCigna.com | $25 | $25 | 11/1/23-10/31/24 |
| Achieve a healthy body mass index of less than 30 or improve weight by 5% | 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 30. If you cannot achieve the BMI target, improve weight by 5%. | Debit/Gift Card redeemable on myCigna.com | $50 | $50 | 11/1/23-10/31/24 |
| Achieve a healthy cholesterol ratio level of 4.4 (women) or 5.0 (men) | Visit your doctor for a cholesterol test. High cholesterol increases your risk for heart disease. | Debit/Gift Card redeemable on myCigna.com | $50 | $50 | 11/1/23-10/31/24 |
| Achieve a fasting blood sugar level less than 100 mg/dl OR non-fasting blood sugar level less than 40 mg/dl | High blood sugar (hypoglycemia) can lead to diabetes and other health problems. | Debit/Gift Card redeemable on myCigna.com | $50 | $50 | 11/1/23-10/31/24 |
| Complete my annual physical or OB/GYN (preventive exam) | A preventive exam that's used to reinforce good health, address potential and chronic problems. | Debit/Gift Card redeemable on myCigna.com | $75 | $75 | 11/1/23-10/31/24 |
| Complete 9 lessons of the 16-week Cigna Diabetes Prevention Program | More than 1 out of 3 people are at risk for diabetes. Are you? This online program, available through Cigna, in collaboration with Omada, helps you make lifestyle changes that can reduce risks. Get started now. | Debit/Gift Card redeemable on myCigna.com | $50 | $50 | 11/1/23-10/31/24 |
| Complete 1 online coaching program through My Health Assistant | Choose from: Improve your Nutrition; Exercise for Better Health; Maintain a Positive Mood; Work Towards a Healthier Weight; Manage your Stress; Quit Tobacco- 28 day program | Debit/Gift Card redeemable on myCigna.com | $25 | $25 | 11/1/23-10/31/24 |

| Goal type | Description | Award type | Employee award | Spousal award | Timing |
|---|---|---|---|---|---|
| I participated in a wellness activity | If you participated in a health and wellness activity, it shows your commitment to a healthy lifestyle. Tell us about it. | Debit/Gift Card redeemable on myCigna.com | $50 | $50 | 11/1/23-10/31/24 |
| | | Maximum reward per plan year: | $275 | $275 | |




Please consult your doctor for medical advice or services, including seeking advice prior to undertaking a new diet or exercise program.

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