

2019 WELLNESS INCENTIVES

ASSOCIATE ONLY: \$500 ALL OTHER COVERAGE TIERS: \$1,000

THESE INCENTIVES ARE CREDITED AUTOMATICALLY ONCE COMPLETED

ACTIVITY	INCENTIVE	WHAT YOU MUST DO
Complete Your Health Assessment	\$50	Complete 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.)
Obtain Your Biometric Health Screening	\$100	Know your numbers. Complete blood pressure, cholesterol, blood sugar and body mass index (BMI) screenings.
Get Connected! Earn Rewards with Apps & Activities (up to four per year)	\$25	Explore the top health devices and apps to help you stay motivated and challenge yourself. Earn 1,000 points and get an award.
Improve Your Nutrition (up to four per year)	\$25	Eating healthy is essential to your overall well-being. Complete the Eat Better online program to get your nutrition on track.
Benefits of Exercise (up to four per year)	\$25	Good fitness is important for better focus, higher energy and overall happiness. Complete the Enjoy Exercise online program.
Work Toward a Healthier Weight (up to two per year)	\$25	Losing even a small amount of weight can improve your health in many ways. Complete the Lose Weight online program.

THESE INCENTIVES ARE CREDITED ONCE LOGGED

ACTIVITY	INCENTIVE	WHAT YOU MUST DO
Maintain a Healthy Weight or Participate in a Weight Management Program	\$100	Share the action you took today that shows your commitment to losing or maintaining a "feel good" weight.
Complete Recommended Cancer Screenings	\$100	Check with your doctor about what tests you should have. Once they're complete, log it!
Receive a Flu Shot	\$50	Get your annual vaccine to reduce your chances of getting sick.
Chronic Condition Health Management (up to four per year)	\$25	Participating in a health and wellness activity shows your commitment to a healthy lifestyle. Tell us about it!
Stress Management Program	\$75	Stress is unavoidable, but we can help you manage it. Complete three sessions with a health coach over the phone.
Fitness Workout: 90 Minutes per Week (up to four per year)	\$25	It's good for your body, mind and soul. Tell us what you did today that put your body in motion.