

# 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 MotivateMe Program®

Together, all the way.®





## Cigna MotivateMe Program®

MotivateMe 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 MotivateMe, 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 MotivateMe 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



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

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Earn 240 Points in order to receive a \$20 off per month premium reduction for the 2021-2022 plan year.

By submitting the self-reported goals, you agree that the State may contact your provider to confirm the information you submitted.

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 866.417.7848 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 accommodations with online, phone or other Cigna programs, please contact Cigna at 866.417.7848.

Goal type	Description	Award Value	Available To
Complete an easy online health assessment for entry into a raffle to win a \$100 Visa Gift Card	This assessment is a confidential questionnaire that asks you about your health & wellbeing. It provides you with a personalized report of your current health. The more you know about your health, the easier it is to take care of it. Completion enters you into a quarterly raffle for a \$100 Visa Gift Card. The State will raffle \$20,000 in gift cards. Complete the assessment early for a better chance to win because anyone who doesn't win gets to stay in the raffle pool each quarter.	\$100 Debit Card	Cigna and Kaiser Members
Get a personalized biometric health screening	Know your numbers. Complete blood pressure, cholesterol, blood sugar and body mass index (BMI) screening. Download the Biometric Screening Form and take to your doctor's appointment.	80 Points	Cigna and Kaiser Members
Complete my annual physical (preventive exam)	A preventive exam that's used to reinforce good health, address potential and chronic problems.	80 Points	Cigna and Kaiser Members
Get my annual OB/GYN exam (preventive exam)	A preventive exam that can identify early ovarian and cervical cancers, HPV (human papillomavirus), breast cancer and more.	80 Points	Cigna and Kaiser Members
Get a flu shot	The flu is not just a nuisance-it can lead to more serious health issues. Help protect yourself and others around you.	80 Points	Cigna and Kaiser Members
Take care of your entire body, including your mind. Meet with a behavioral specialist.	Ask for help. Take time to focus on your mental and behavioral health. This is a simple goal, but one that is very difficult for many people. Make an appointment with a specialist, counselor, or therapist through your EAP or medical plan. When you need help with work, home, personal, or family issues, the Colorado State Employee Assistance Program (CSEAP) offers value-added programs and services at no cost to you. CSEAP is confidential and available to all employees, regardless of plan participation. Video counseling is also available.	80 Points	Cigna and Kaiser Members

Goal type	Description	Award Value	Available To
Get help improving my lifestyle habits – tobacco	Quitting tobacco is one of the most important things you can do for better health. A health coach can help you take that critical step today.	40 Points (Max of 2 awards for this goal)	Cigna and Kaiser Members
Get help improving my lifestyle habits – weight	If you're looking to get to your healthy weight, a health coach can set realistic goals and help you work toward achieving each one.	40 Points (Max of 2 awards for this goal)	Cigna and Kaiser Members
Get help improving my lifestyle habit - stress	Lower your stress levels and raise your happiness levels by creating a personal stress management plan with a health coach.	40 Points (Max of 2 awards for this goal)	Cigna and Kaiser Members
Complete my annual Dental Exam	Complete an annual Dental Preventive Care visit and earn points.	80 Points	Cigna and Kaiser Members
Complete my annual Vision Exam	Complete an annual Vision Exam and earn points.	80 Points	Cigna and Kaiser Members
Online Health Coaching	Earn 20 Pts for each completed goal, up to a max of 3. Various topics available such as nutrition, exercise, positive mood, healthy weight, and stress.	20 Points (max of 3 awards for this goal)	Cigna and Kaiser Members
Talk to a health coach and make progress towards a health goal	A trained health coach will help you identify one personal goal and create a focused strategy for reaching it.	40 Points (max of 2 awards for this goal)	Cigna Members Only - coaching is associated with medical program and the associated medical management team

Goal type	Description	Award Value	Available To
Speak with a coach starting in your 1st trimester and after your baby is born	Get support and guidance during your 1st trimester and after your baby is born.	\$150 Debit Card	Cigna Members Only - coaching is associated with medical program and the associated medical management team
Speak with a coach starting in your 2nd trimester and after your baby is born	Get support and guidance during your 2nd trimester and after your baby is born.	\$75 Debit Card	Cigna Members Only - coaching is associated with medical program and the associated medical management team



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

\* If your employer offers gift card incentives, refer to the relevant merchant for additional terms and conditions which may apply to your use of any gift card. Cigna is not responsible for lost or stolen gift cards. Incentive awards may be subject to tax; you are responsible for any applicable taxes. Please consult your personal tax advisor for assistance.

\*\* The downloading and use of the myCigna Mobile App is subject to the terms and conditions of the App and the online stores from which it is downloaded. Standard mobile phone carrier and data usage charges apply.

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