

HEALTHY ACTIONS CAN LEAD TO HEALTHY REWARDS



When employees take advantage of the Cigna MotivateMe Incentive Program.

When it comes to getting and staying healthy, couldn't we all use a little motivation? Cigna MotivateMe® is a turnkey incentive program that helps you engage your employees and their spouses¹ with opportunities to earn rewards for taking charge of and improving their health.

Cigna has a dedicated health engagement team that can create a multiyear health engagement strategy to deliver better health and long-term savings. Our team will help you understand your company's needs and implement programs that raise awareness, increase engagement and help employees better manage their health.

An easy to use, easy to understand program

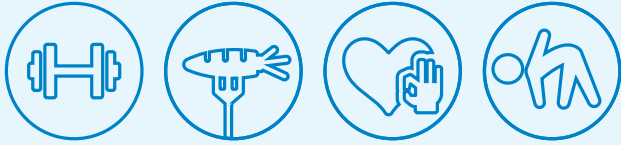
- › **Simple administration** means all information on rewards and progress is available on the MotivateMe section of **myCigna.com**. No tracking or work required – we have it covered.
- › **Online health assessment and coaching programs** are a quick step forward in reaching healthier goals. An easy, interactive online assessment provides personalized results and a series of online programs – about losing weight, eating better, and quitting tobacco – can be accessed at times and locations convenient for your employees.²
- › **Preventive care visits** are rewarded every year to encourage employees to receive annual checkups with their primary care provider.
- › **Recognizing healthy achievements** means you can directly reward employees who work hard to reach or maintain healthy weight, blood sugar and cholesterol levels.



MotivateMe can help you engage your employees to help improve their health and productivity. The program is designed to be easy for employees to get and stay healthy, and includes a wide variety of programs - from losing weight, eating better and enjoying exercise, to controlling stress, quitting tobacco use and managing certain chronic conditions.

Together, all the way.®





HEALTHY EMPLOYEES. HAPPY WALLET. Cigna MotivateMe Program

Cigna MotivateMe is easy to install, easy to communicate and easy to track engagement. The three turnkey options include:

1: MANAGE MAX REWARD AMOUNT = \$100¹	2: MANAGE MAX REWARD AMOUNT = \$200¹	3: ENGAGE MAX REWARD AMOUNT = \$300¹
<p>Preventive exam or OB/GYN exam Reward = \$50 or \$75</p> <p>Online health assessment Reward = \$25</p> <p>Onsite health screening (optional) Reward = \$25</p>	<p>Preventive exam or OB/GYN exam Reward = \$50 or \$75</p> <p>Online health assessment Reward = \$25</p> <p>Onsite health screening (Optional) Reward = \$25</p> <hr/> <p>Online health coaching programs Reward = \$25</p> <p>Self-reported – wellness activity Reward = \$25 or \$50</p>	<p>Preventive exam or OB/GYN exam Reward = \$50 or \$75</p> <p>Online health assessment Reward = \$25</p> <p>Onsite health screening (Optional) Reward = \$25</p> <hr/> <p>Online health coaching programs Reward = \$25</p> <p>Self-reported – wellness activity Reward = \$25 or \$50</p> <hr/> <p>Body mass index <30 (or improve weight 5%) and cholesterol of ≤ 239 and blood sugar ≤ 100 mg/dl (or ≤ 140 non-fasting)³ Reward = \$25 or \$50 each</p>
<p><u>Eligible options</u> Employee only; Employee + spouse</p> <p><u>Reward options:</u> Gift card, debit card, health savings account credit or Client Administered Premium/Plan Contribution⁴</p>	<p><u>Eligible options</u> Employee only; Employee + spouse</p> <p><u>Reward options:</u> Gift card, debit card, health savings account credit or Client Administered Premium/Plan Contribution⁴</p>	<p><u>Eligible options</u> Employee only; Employee + spouse</p> <p><u>Reward options:</u> Gift card, debit card, health savings account credit or Client Administered Premium/Plan Contribution⁴</p>



To learn more, contact your Cigna representative.

1. Turnkey packages are available only to covered employees and their spouses. Dependents are not included in turnkey packages. Spouses are optional and based on employer election. Incentives are funded by the employer.
2. There are specific clinical programs that are required to be sold and in place in order to have certain online coaching programs available.
3. Cigna will work with the customer (or their doctor) to allow for an incentive reward by different means if the customer is unable to meet a standard for a reward. Customers may also be entitled to a reasonable accommodation for participation, or an alternative standard for a reward, if they have a disability.
4. HSA credit and Client Administered Premium/Plan Contribution Difference requires the employer to issue reward directly, based on activity completion information provided by Cigna.



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