

IT PAYS TO TAKE HEALTHY STEPS



with Cigna[®] MotivateMe.

Through Cigna[®] MotivateMe, your employer provides you with financial rewards for the healthy actions you take. The goal is to keep you motivated to get your annual checkup, know your key health numbers and, ultimately, take control of your health.

Below are some of the simple activities you can complete to start earning rewards.

1. GET YOUR ANNUAL PREVENTIVE CHECKUP.

Your annual preventive checkup can help catch health issues before they become more serious. Cigna medical plans cover annual checkups at 100%* when received from an in-network physician.



Don't have a primary care doctor?

Find an in-network doctor near you by logging in to **myCigna.com** and clicking "Find a Doctor, Dentist or Facility".

There are more rewards where that came from.

For a full list of activities to complete to earn rewards:

- › Log in to **myCigna.com**
- › Click the "My Health" tab
- › Select "Incentive Awards" in the navigation bar

2. COMPLETE YOUR ONLINE HEALTH ASSESSMENT.

The online health assessment is an easy-to-answer, online questionnaire that provides a snapshot of your health, and recommends steps for improvement. It should take very little time to complete.

To complete your online health assessment, log in to myCigna.com and select the "My Health" tab. Then choose "Take My Health Assessment."

Quick Tip



Get your annual preventive exam before taking the online health assessment because you will be asked to enter your validated biometric numbers.



Together, all the way.®



Offered by: Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, or their affiliates.

*Not all preventive care services are covered. For example, most immunizations for travel are generally not covered. For a complete list of covered preventive care services, see your plan materials.

Cigna® MotivateMe is a voluntary wellness program available to all employees administered according to federal rules permitting employer-sponsored wellness programs that seek to improve employee health or prevent disease.

Information collected

If you choose to participate you will be asked to complete a health assessment that asks about health-related behaviors and whether you have or had certain medical conditions (e.g., cancer, diabetes or heart disease) and conduct an annual preventive exam or OB/GYN exam with a licensed primary care physician. Certain employers will also ask for the completion of a biometric screening, which will include a blood test.

How information will be used

Employees who choose to participate will receive a financial reward for completion. Additional incentives may be available for employees who participate in certain health-related activities such as online health coaching programs or achieve certain health outcomes, such as total cholesterol levels less than 240 milligrams per deciliter. For specific financial rewards for each health-related activity or outcome you are eligible for or to request a reasonable accommodation or an alternative standard, please contact your employer's Human Resources or Health Plan Administrator.

Who will receive it

Your information will be used to provide you with information to help you understand your current health and potential risks, and may also be used to offer you services through the wellness program.

How it will be kept confidential

®MotivateMe will never disclose any of your personal information either publicly or to the employer, except as necessary to respond to a request from you, or as expressly permitted by law. Your health information and decision to voluntarily participate in the wellness program will be kept separate from your personnel records and not be provided to your supervisors or managers and may never be used to make decisions regarding your employment. Your health information will not be sold, exchanged, transferred or otherwise disclosed except to the extent permitted by law to carry out specific activities related to the wellness program, and you will not be asked or required to waive the confidentiality of your health information as a condition of participating in the wellness program or receiving an incentive. Anyone who receives your information for purposes of providing you services as part of the wellness program will abide by the same confidentiality requirements.

Appropriate precautions will be taken to avoid any data breach, and in the event a data breach occurs involving information you provide in connection with the wellness program, we will notify you immediately. If you have questions or concerns regarding this notice, or about protections against discrimination and retaliation, please contact your employer's Human Resources or Health Plan Administrator.

All statistics are used for illustrative purposes only; individual customer/client results will vary and are not guaranteed. Product availability may vary by location and plan type and is subject to change. All group health insurance policies and health benefit plans contain exclusions and limitations. For costs and complete details of coverage, contact your Cigna sales representative.

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