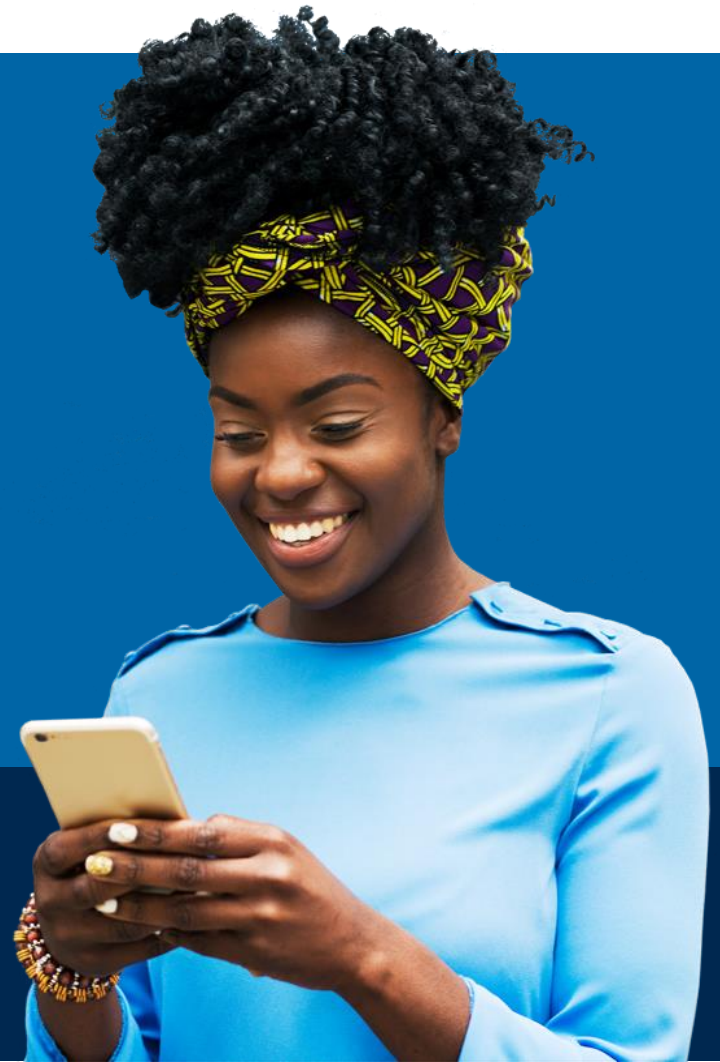


MotivateMe[®]



The Government of the US Virgin Islands
10/01/2021-09/30/2022

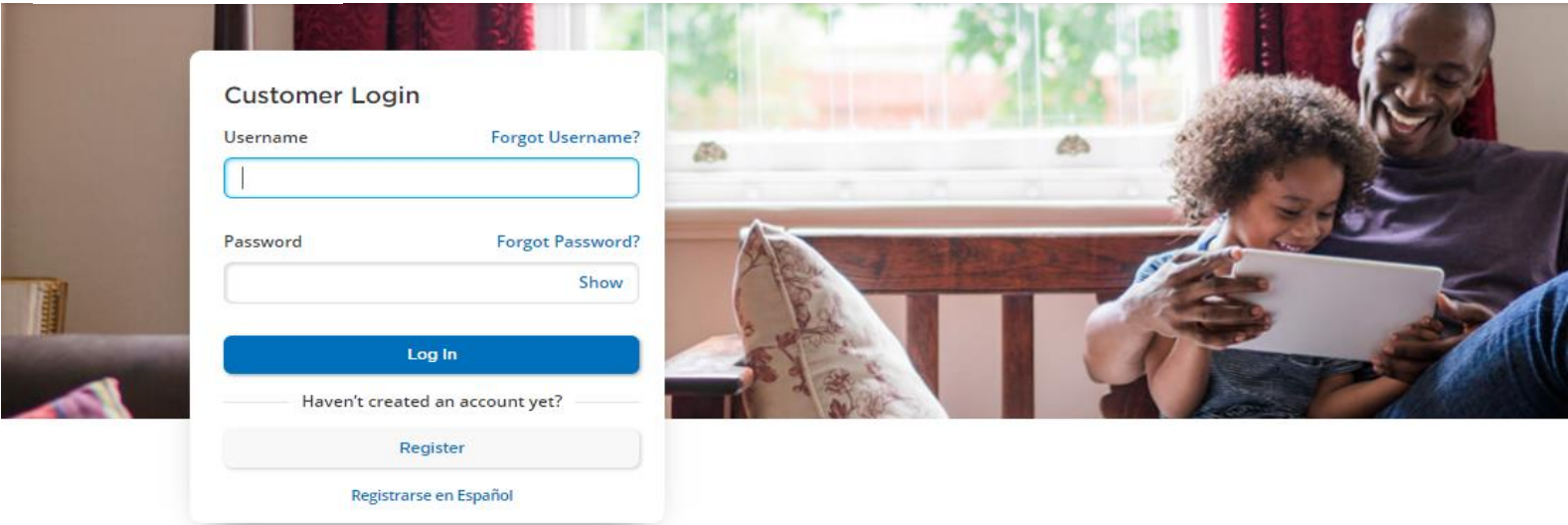


Together, all the way.[®]

868790



To begin, login to MyCigna.com



Your online account gives you access to these features:



Find Care and Costs
Search for in-network providers, procedures, cost estimates, and more.



View Claims
See a list of your most recent claims, their status, and reimbursements.



Manage Spending Accounts
Review your spending account balances, contributions, and withdrawals, all in one place.



Update Your Profile
Make sure your contact information is up-to-date so you don't miss out on important notifications about your plan.



Navigation to Incentive Page

2 ways to access the incentive page

1. Home page > Scroll down and click on 'Go to Wellness & Incentives'
2. Home page > Hover over 'Wellness,' click on 'Wellness & Incentives'

Incentives

My Family | Me

\$0 of \$1,300 earned

*Incentives as HRA Deposit

Current Plan Year

Health Topics

Find Incentives, Healthy Rewards®, and resources in popular health areas.

- Exercise
- Prevention
- Food
- Stress
- Sleep
- Weight

1. [Go to Wellness & Incentives](#)



Messages ID Cards Rx Cart Guest

Home Find Care & Costs Claims Coverage Spending Accounts Prescriptions Wellness

Welcome, Guest!

Get discounts with Cigna Healthy Rewards.

Learn more

Recent Claims

2. [Wellness & Incentives](#)

- Health Coaching
- Health Assessment
- Food
- Stress
- Sleep
- Exercise
- Weight
- Prevention
- Apps & Activities
- Health Assistant

Talk with us

Wellness

Total Wellness Starts Here

You can earn up to \$500 HRA Deposit

Complete this goal to unlock your awards.*

Get a personalized health assessment [Get Started](#)

[View all Incentives 0](#)

Total Wellness

Let's work together to help you on your path to wellness.



OVERVIEW

- Program period: October 1, 2021 – September 30, 2022
- All primary active employee plan members of the GVI Cigna Plan are eligible
- The higher the point level the higher the value of the incentive (gift card)
- Goals available:
 - Complete your Health Risk Assessment (150 pts) & Biometric Screening (150 pts)
 - Preventive Screenings – There is a 300 point cap in this category
 - Annual Wellness Exam/Physical - 200 pts
 - Annual Well Women’s Exam (OB/GYN) – 200 pts
 - Breast Cancer Screening - 100 pts
 - Colon Cancer Screening -100 pts
 - Cervical Cancer Screening - 100 pts
 - Prostate Cancer Screening - 100 pts
 - Preventive Dental Exam – 100 pts
 - Cigna Onsite and/or Telephonic Chronic Coaching (make progress to overcome a chronic health problem) - 150 pts
 - Omada – Complete 16 Lessons – 150 points
 - Self-Report Goals – 25 pts/4 times (except vaccine goals)
 - I completed an Onsite Event (e.g. attend Expo, Lunch and Learn, Webinar, etc.)
 - I completed a Physical Activity for 45 minutes or more (e.g. gym, walking, Zumba, kickboxing, etc.)
 - I participated in Group Activity/Sport (e.g. bowling, kickball league, etc.)
 - I participated in a challenge (e.g. Holiday Hold ‘Em Hydration Challenge, etc.) – 25 pts/4 yr. per goal
 - Get a flu shot – 50 points
 - COVID-19 Vaccine – 100 points



Points Equal Gift Card Awards

- Basic – 300 - 375 points = \$30
- Silver – 400 - 475 points = \$40
- Gold - 500 – 575 points = \$50
- Platinum – 800+ points = \$80

NEW GIFT CARD OPTION



The higher the points level the higher the value of the incentive. The GUSVI will select the specific award that would correspond to each level.

Images are for illustrative purposes only.



Questions?



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Rates will vary by plan design. Coverage is subject to any applicable plan deductibles, copay and/or coinsurance requirements. Product availability may vary by location and plan type and is subject to change. All group health insurance policies and health benefit plans have exclusions and limitations. For costs and details of coverage, see your enrollment materials. The information in this presentation summarizes the highlights of your plan. For a complete list of both covered and not covered services, including benefits required by your state, see your employer's group insurance certificate, summary plan description or group service agreement – the official plan documents. If there are any differences between the information in this presentation and the plan documents, the information in the plan documents takes precedence.

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