

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 gives your employees and their spouses¹ opportunities to earn rewards for taking charge of and improving their health.

Cigna has certified health improvement strategists that can create a multiyear health improvement strategy to deliver better health and long-term savings. Our strategists 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, because Cigna recognizes there is no substitute for smart health decisions employees make during annual checkups with their personal doctors. Plus, most Cigna medical plans cover designated preventive care services at 100% when received from an in-network health care professional or facility.³
- › **Recognizing healthy achievements** means you can directly reward employees who work hard to reach or maintain healthy weight, blood sugar and cholesterol levels.

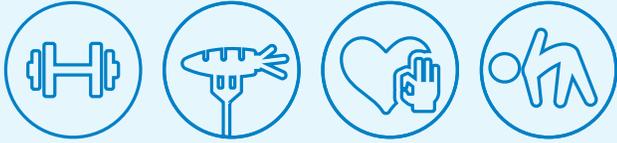


MotivateMe can help you improve the health and productivity of your employees. The program is designed to be easy for employees to get and stay healthy, and includes a wide variety of programs - from losing weight, eating better and enjoying exercise, to controlling stress, quitting tobacco use and managing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

Together, all the way.®



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



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)² 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>



Cigna goes beyond the basics to help smaller to mid-size employers⁵ by providing incentives to create healthier, more productive employees. Another example of how we believe our clients and customers deserve to expect more. And we are here to deliver. 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. Not all preventive care services are covered. For example, immunizations for travel are generally not covered. For a complete list of covered preventive care services, contact your Cigna representative.

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.

5. In most states, Cigna offers group insurance coverage to employers with 51 or more full-time employees, as well as administrative services for self-funded plans with as few as 25 full-time employees. For more information about your state, contact your Cigna sales representative.

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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