



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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All primary active employee plan members of the GVI Cigna Plan are eligible! 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 800.433.1230 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 work-site accommodations please contact Group Health Insurance Unit at 340.774.8588 or 340.774.8588; for accommodations with online, phone or other Cigna programs, please contact Cigna at 800.433.1230.

Gift cards will be distributed by the Division of Personnel through the GESB Health Insurance Board.

Goal type	Description	Award type	Employee award	Spousal award	Timing
Get a personalized health assessment	A confidential questionnaire that asks you about your health and well-being and provides a personalized assessment of your current health.	Gift Card	150 points		January 1, 2022 - September 30, 2022
Get a personalized biometric screening	Know your numbers. Complete blood pressure, cholesterol, blood sugar and body mass index (BMI) screening.	Gift Card	150 points		October 1, 2021 – September 30, 2022
Complete my annual physical (preventive exam)	A preventive exam that's used to reinforce good health, address potential and chronic problems.	Gift Card	200 points		October 1, 2021 – September 30, 2022
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.	Gift Card	200 points		October 1, 2021 – September 30, 2022
Get a flu shot (self-report on www.mycigna.com)	The flu is not just a nuisance-it can lead to more serious health issues. Help protect yourself and others around you.	Gift Card	50 points		October 1, 2021 – September 30, 2022
Get a mammogram (preventive exam)	Breast cancers can be found using mammogram tests. Get tested and earn awards.	Gift Card	100 points		October 1, 2021 – September 30, 2022
Get a colon cancer screening (preventive exam)	Colon cancer can be treatable when detected early. Get tested.	Gift Card	100 points		October 1, 2021 – September 30, 2022
Get a cervical cancer screening (preventive exam)	Pap and HPV tests can detect changes that lead to cervical cancer.	Gift Card	100 points		October 1, 2021 – September 30, 2022
Get a prostate screening (preventive exam)	A prostate screening can detect changes that lead to prostate cancer.	Gift Card	100 points		October 1, 2021 – September 30, 2022

Goal type	Description	Award type	Employee award	Spousal award	Timing
Get a preventive dental exam	The flu is not just a nuisance-it can lead to more serious health issues. Help protect yourself and others around you.	Gift Card	100 points		October 1, 2021 – September 30, 2022
COVID-19 vaccine (self-report on www.mycigna.com)	Received complete COVID 19 Vaccine (1 or 2 doses based on manufacturer) or Booster	Gift Card	100 points		October 1, 2021 – September 30, 2022
Talk to a health coach and make progress to overcome a chronic health problem	Work one-on-one with a health coach on a long-term health problem such as congestive heart failure, depression, diabetes, low back pain, etc.	Gift Card	150 points		October 1, 2021 – September 30, 2022
I participated in a Challenge - Sleep Challenge, Hydration Challenge, etc. (self-report on www.mycigna.com)	If you participated in a health and wellness activity, it shows your commitment to a healthy lifestyle. Tell us about it.	Gift Card	25 points		October 1, 2021 – September 30, 2022
I completed an Onsite Event - attend Expo, Lunch and Learn, Webinar, etc. - (self-report on Www.mycigna.com)	If you participated in a health and wellness activity, it shows your commitment to a healthy lifestyle. Tell us about it.	Gift Card	25 points		October 1, 2021 – September 30, 2022
I completed a Physical Activity for 45 minutes or more - gym, walking, Zumba, kickboxing, etc. (self-report on www.mycigna.com)	It's good for your body, mind and soul. Tell us what you did today that put your body in motion.	Gift Card	25 points		October 1, 2021 – September 30, 2022
I participated in Group Activity/Sport - bowling, kickball league, etc. (self-report on www.mycigna.com)	It's good for your body, mind and soul. Tell us what you did today that put your body in motion.	Gift Card	25 points		October 1, 2021 – September 30, 2022
Complete 16 lessons of the Cigna Diabetes Prevention Program	An estimated 1 out of 3 people are at risk for diabetes.*** Are you? This online program, available through Cigna, in collaboration with Omada, helps you make lifestyle changes that can reduce risks. (You must meet program requirements.)	Gift Card	150 points		October 1, 2021 – September 30, 2022



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.

*** Centers for Disease Control and Prevention. "National Diabetes Statistics Report: Estimates of Diabetes and Its Burden in the United States, 2017." Atlanta, GA: U.S. Department of Health and Human Services; 2017.

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