MotivateMe®

The Government of the US Virgin Islands
10/01/2021-09/30/2022
To begin, login to MyCigna.com
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

Screenshots for illustrative purposes only

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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?
You cannot open an HSA if, in addition to coverage under an HSA-qualified High Deductible Health Plan ("HDHP"), you are also covered under a Health Flexible Spending Account (FSA) or an HRA or any other health coverage that is not a HDHP. The HSA provider and/or trustee/custodian will be solely responsible for all HSA services, transactions and activities related thereto. Neither your employer nor Cigna is responsible for any aspects of the HSA services, administration and operation.

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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