

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™



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COMPLETE START UP GOALS

You must complete these goals before any others to earn incentive awards.

Don't forget to redeem your 2022-2023 MotivateMe Rewards! Remember, you must complete your Biometric Screening/Preventive Labs before you can redeem your incentive rewards. To redeem your debit and/or gift card, visit www.mycigna.com, and click the "Redeem Awards" link which will take you to the page to redeem rewards.

Only the subscriber/employee has the ability to redeem. 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. Incentives may be taxable. You may redeem eligible rewards by visiting www.mycigna.com. Incentives may be taxable.

Goal type	Description	Who's eligible	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.	Employee only	10/01/23 - 09/30/24 (1x/year)
Start Up Goal Get a personalized biometric screening	Know your numbers. Complete blood pressure, cholesterol, blood sugar and body mass index (BMI) screening.	Employee and covered spouse	10/01/23 - 09/30/24 (1x/year)
Complete my annual physical (preventive exam)	A preventive exam that's used to reinforce good health, address potential and chronic problems.	Employee and covered spouse	10/01/23 - 09/30/24 (1x/year)
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.	Employee and covered spouse	10/01/23 - 09/30/24 (1x/year)

Goal type	Description	Who's eligible	Timing
Get a flu shot	The flu is not just a nuisance-it can lead to more serious health issues. Help protect yourself and others around you.	Employee only	10/01/23 - 09/30/24 (1x/year)
Get a mammogram (preventive exam)	Breast cancers can be found using mammogram tests. Get tested and earn awards.	Employee only	10/01/23 - 09/30/24 (1x/year)
Get a colon cancer screening (preventive exam)	Colon cancer can be treatable when detected early. Get tested.	Employee only	10/01/23 - 09/30/24 (1x/year)
Get a cervical cancer screening (preventive exam)	Pap and HPV tests can detect changes that lead to cervical cancer.	Employee only	10/01/23 - 09/30/24 (1x/year)
Get a prostate screening	A prostate screening can detect changes that lead to prostate cancer.	Employee only	10/01/23 - 09/30/24 (1x/year)
Complete a preventive dental exam	A preventive dental exam is used to reinforce good health and address potential and chronic problems. To complete this goal, schedule an appointment with your dentist for a dental cleaning and preventive exam.	Employee only	10/01/23 - 09/30/24 (1x/year)
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.	Employee only	10/01/23 - 09/30/24 (1x/year)
Complete 16 lessons of the 16-week Cigna Diabetes Prevention Program	More than 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. Get started now.	Employee only	10/01/23 - 09/30/24 (1x/year)
I participated in a Challenge (e.g. Sleep Challenge, Hydration Challenge, etc.)	If you participated in a health and wellness activity, it shows your commitment to a healthy lifestyle. Tell us about it.	Employee only	10/01/23 - 09/30/24 (4x/year)
I completed an Onsite Event (e.g. attend Expo, Lunch and Learn, Webinar, etc.)	If you participated in a health and wellness activity, it shows your commitment to a healthy lifestyle. Tell us about it.	Employee only	10/01/23 - 09/30/24 (4x/year)
I completed a Physical Activity for 45 minutes or more (e.g. gym, walking, Zumba, kickboxing, etc.)	It's good for your body, mind and soul. Tell us what you did today that put your body in motion.	Employee only	10/01/23 - 09/30/24 (4x/year)
I participated in Group Activity/Sport (e.g. bowling, kickball league, etc.)	It's good for your body, mind and soul. Tell us what you did today that put your body in motion.	Employee only	10/01/23 - 09/30/24 (4x/year)
COVID-19 Vaccine or Booster		Employee only	10/01/23 - 09/30/24 (1x/year)

Please consult your doctor for medical advice or services, including seeking advice prior to undertaking a new diet or exercise program.



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