

Wellbeing Program Overview

Anything we do to our improve health has its own reward. The Well-Being Solution from Cigna HealthcareSM through Personify Health takes the benefit of healthy decisions even further. With the Action Rewards design, you can earn up to \$400 by completing eligible activities. Log into www.mycigna.com or download the Cigna app and click on the Wellness tab to get started.



□ Assessment & Biometrics

The assessment is a confidential questionnaire that asks you about your health and well-being and provides a personalized assessment. Your biometric screening allows you to know your numbers. **Earn \$50 each (CAP \$100)**

□ Biometric Outcomes

Blood pressure <139/89, BMI: <30, Waist: M<40; F: <35, Total Chol. <200, HDL Chol. >40, Glucose: Fasting: <100; Non-Fasting: <140, or reasonable alternative form. **Earn \$50 each (CAP \$100)**

□ Preventive Exams

Physical, pap smear, mammogram, colon screening/stool test, prostate cancer-PSA, flu shot, bone density test, Cigna dental exam/cleaning. **Earn \$50 each (CAP \$100)**

□ Maternity Care

The Healthy Pregnancies, Healthy Babies program aims to educate and support patients at the start of their pregnancies all the way through and after birth. **Earn \$150 if enrolled in 1st trimester or \$75 in the 2nd.**

□ Cigna Activities

Cigna telephonic coaching, diabetes prevention program (Omada), work with a case manager, receive care with Cigna Care Designation Provider. **Earn \$10-\$100 each (CAP \$200)**

□ Wellness Activities

Coaching journeys, movement goals, daily content cards, healthy habits tracking, well-being challenges, nutrition calorie tracking, sleep tracking, setting a well-being goal, and healthy membership attestation. **Earn \$5-\$25 each (CAP \$200)**