

AN INVESTMENT IN YOUR HEALTH



Your Cigna Health Improvement Fund

There are many reasons to invest in company wellness programs - healthier employees, improved productivity and lower medical costs. Now, there's one more - a Health Improvement Fund. This fund can be used to assist you in executing a holistic wellness program built around four key constructs: Evaluation, education, engagement and empowerment.

Examples of eligible expenses*

Evaluation

- › Workplace environmental and ergonomic assessments
- › Onsite biometric screenings

Education

- › Onsite health education classes, workshops and speakers
- › Health promotion communication materials

Engagement

- › Incentives or rewards for wellness program participation (excluding cash)
- › Onsite fitness classes or physical activity programs

Empowerment

- › Employee sponsorship and participation in community health events



How does it work?

The money allotted to you in your Health Improvement Fund will be available to your organization throughout your current plan year. Any funds not used by the end of your plan year will be forfeited.

1

The Health Engagement team meets with you to customize a health engagement strategy

2

You submit a preapproval request of eligible expenses before funds are used**

3

Once approved, you make the purchase and submit the supporting invoice(s) and receipt(s) to the Health Engagement team

4

Cigna will process and reimburse accordingly**

For more information, contact your Cigna Health Engagement team.

Together, all the way.®



* Examples of ineligible expenses include premium reductions, including HSA, HRA and FSA contributions or other medical/Rx plan expenses, travel, paid time off, employee holidays or discounts, charitable donations, gym equipment, health assessment vendors and food (unless related to nutrition/cooking education or demonstrations).

** Items purchased without preapproval will not be reimbursed.

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