

HEALTHY ACTIONS CAN LEAD TO HEALTHY REWARDS



When employees take advantage of the Cigna MotivateMe Incentive Program.

When it comes to getting and staying healthy, couldn't we all use a little motivation? Our health engagement team will help you understand your company's needs, and implement programs that raise awareness, increase engagement and help employees better manage their health.

An easy-to-use, easy-to-understand program

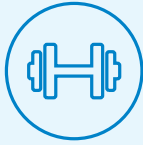
- › **Cigna's MotivateMe®** is a turnkey incentive program that helps you engage your employees and their spouses¹ with opportunities to earn rewards for taking charge of – and improving – their health.
- › **Simple administration** means all information on rewards and progress is available on the MotivateMe section of **myCigna.com**. No tracking or paperwork required – we have it covered.
- › **The online health assessment** is a quick step forward in reaching healthier goals. An easy, interactive online assessment provides personalized results and a series of online programs – about losing weight, eating better and quitting tobacco – and can be accessed at times and locations convenient for your employees.²
- › **Preventive care visits** are rewarded every year to encourage employees to receive annual check-ups with their primary care provider.
- › **Recognizing healthy achievements** means you can directly reward employees who work hard to reach or maintain a healthy weight, or blood sugar and cholesterol levels.
- › **Optional Pre-effective Model Period:** Customers enrolled in Manage 1 and Manage 2 receive their Preventive Care reward from a preventive exam that was completed up to three months before the effective date. The Engage package also allows the customer to earn the Achieve Health Goal reward for goals achieved in the three months before the effective date.
- › **Social Health and Wellness**, using the Cigna Apps & Activities capability, allows your employees to participate in their health and wellness by using a personalized experience of goals, activities and challenges. Apps & Activities connects the employee with the most popular wearable devices in an easy-to-use, easy-to-track and easy-to-navigate online environment.



MotivateMe can help you engage your employees to help improve their health and productivity. The program is designed to be easy for employees to get and stay healthy, and includes a wide variety of programs – from losing weight, eating better and enjoying exercise, to controlling stress, quitting tobacco use and managing certain chronic conditions.

Together, all the way.®





HEALTHY EMPLOYEES. HAPPY WALLET. Cigna MotivateMe Program

Cigna MotivateMe is easy to install, easy to communicate and easy to track engagement. The three turnkey options include:

1: MANAGE MAX. REWARD AMOUNT = \$365 ¹	2: MANAGE MAX. REWARD AMOUNT = \$415 ¹	3: ENGAGE MAX. REWARD AMOUNT = \$515 ¹
<p>Preventive exam or OB/GYN exam Reward = \$50 or \$75</p> <p>Online health assessment Reward = \$25</p> <p>Onsite health screening (optional) Reward = \$25</p> <p>Social Health and Wellness Reward = \$60, \$120 or \$240</p>	<p>Preventive exam or OB/GYN exam Reward = \$50 or \$75</p> <p>Online health assessment Reward = \$25</p> <p>Onsite health screening (optional) Reward = \$25</p> <p>Self-reported wellness activity Reward = \$25 or \$50</p> <p>Social Health and Wellness Reward = \$60, \$120 or \$240</p>	<p>Preventive exam or OB/GYN exam Reward = \$50 or \$75</p> <p>Online health assessment Reward = \$25</p> <p>Onsite health screening (optional) Reward = \$25</p> <p>Self-reported wellness activity Reward = \$25 or \$50</p> <p>Social Health and Wellness Reward = \$60, \$120 or \$240</p> <p>Body mass index <30 (or decrease weight by 5%); cholesterol of ≤ 239; and blood sugar ≤ 100 mg/dl (or ≤ 140 non-fasting)³ Reward = \$25 or \$50 each</p>
<p>Eligible options: Employee only; employee + spouse</p> <p>Reward options: Gift card, debit card, health savings account or health reimbursement account credit, or Client-administered Premium/Plan Contribution⁴</p>	<p>Eligible options: Employee only; employee + spouse</p> <p>Reward options: Gift card, debit card, health savings account or health reimbursement account credit or Client-administered Premium/Plan Contribution⁴</p>	<p>Eligible options: Employee only; employee + spouse</p> <p>Reward options: Gift card, debit card, health savings account or health reimbursement account credit or Client-administered Premium/Plan Contribution⁴</p>



To learn more, contact your Cigna representative.



1. Turnkey packages are available only to covered employees and their spouses. Dependents are not included in turnkey packages.

Spouses are optional and based on employer election. Incentives are funded by the employer.

2. There are specific clinical programs that are required to be sold and in place to have certain online programs available.

3. Cigna will work with the customer (or their doctor) to allow for an incentive reward by different means if the customer is unable to meet a standard for a reward. Customers may also be entitled to a reasonable accommodation for participation, or an alternative standard for a reward, if they have a disability.

4. Health savings account credit and Client-administered Premium/Plan Contribution difference requires the employer to issue reward directly, based on activity completion information provided by Cigna.