

2017 Cigna Wellness Rewards



With the *Wellness Rewards* program, you (and, in some cases, your dependents) can earn additional contributions to your health fund – just for completing certain health-promoting activities.

Wellness Activity	Credit Amount	Who Can Earn Credit	How Can Credit Be Earned	How Cigna Will Apply Credit Amount
Biometric Screenings	\$300	Employee & Spouse Only	Look for registration information in the Q1-2017 Hospira Benefits Newsletter	Cigna will deposit award once participation file is received from Hospira. This may take up to 6 weeks.
Preventive Care Service Adult Routine Exam and/or Pap Smear (female) PSA (male)	\$200	Employee & Dependents	Receive routine exam and/or cervical/prostate cancer screening from your physician.	Cigna will deposit award, once claim has been processed, within 6 weeks.
Cancer Screenings	\$200	Employee & Dependents over age 18	Receive the following cancer screenings, <i>regardless of diagnosis</i> , once per year: <ul style="list-style-type: none"> • Breast (Mammogram) • Colon (Colonoscopy) 	Cigna will deposit award, once claim has been processed, within 6 weeks.
Online Health Assessment	\$250	Employee & Dependents over age 18	Access www.mycigna.com and select the 'MANAGE MY HEALTH' tab on top right-side of screen. Scroll down to 'My Health Assessment' and select link. Select 'HEALTH ASSESSMENT' tab and follow steps to complete assessment. If possible, have your blood pressure and cholesterol numbers available when completing the health assessment.	Cigna will deposit award, upon completion, within 10-15 business days.
Online Health Coaching Programs – Sleep, Nutrition, Fitness, and Stress	\$50 per program	Employee & Dependents over age 18 <i>**These incentives are earned once per program per lifetime**</i>	Access www.mycigna.com and select the 'MANAGE MY HEALTH' tab on top right-side of screen. Scroll down to 'My Health Assessment' and select link. Select 'COACHING PROGRAMS' tab and select appropriate program to complete. Participant completes program by reading a minimum of one educational article from the program's weekly emails.	Cigna will deposit award upon completion. Stress, Nutrition, and Fitness are 8-week programs. Sleep is a 6-week program.
Healthy Pregnancy Healthy Babies Program	\$150 in 1 st trimester \$75 in 2 nd trimester	Employee & Dependents	Call 800-545-8836 to connect directly to the program or call the number on your Cigna ID Card, 800-244-6224, and follow the prompts for the Healthy Pregnancy Healthy Babies program. Participant must engage in outreach activities and complete postpartum phase of program.	Cigna will deposit award, upon completion, within 6-8 weeks.

Maximum Incentive Dollars per Year – \$500 Employee Only / \$1,000 Family
\$500 per person limit – except Employee + Child(ren) coverage