HEALTHY YOU. HAPPY WALLET.

Access your MotivateMe® Incentives Awards page on myCigna.com to get started.
Ready to get started? Log in now.

1. **Go to myCigna.com.** Enter your user ID and password or take this opportunity to register now.

2. **Click on** Manage My Health.

3. **Then click on** Incentive Awards Program in the drop down menu.

Take some time to explore.

1. **Program period** lets you review the incentive programs offered in the current plan year, as well as upcoming and past years.

2. **Maximum** shows the total of the awards that can be earned either by an individual or by a family.

3. **My Family awards earned** shows you and your family’s rewards for healthy behaviors.
Take some time to explore. (cont’d.)

4 View goals and awards shows goals and awards available for each family member who is eligible to participate in the program.

5 Initial requirements highlights goals you need to complete before other awards can be earned.

6 Downloadable forms. Customers may have a biometric screening* completed at an onsite event, at a participating lab or coordinated by their physician. If the biometric screening is coordinated by a physician, results may be reported to Cigna by using the form found here.

Take action.
Once you’re familiar with the page, you’ll be ready to take action – working toward goals and tracking your rewards.

1 Health assessment* completion is one of the easiest ways to start earning rewards. In just 20 minutes, this confidential online questionnaire gives you:

› A clear picture of your health today; and
› The steps you need to take now to improve your health in the future.

2 Goals will vary by individual and completion steps. Some goals can be self-reported, while others are system-verified or require validation from a health care professional.

* The health assessment and biometric screenings are examples of how you can take action. Your employer may offer different programs
Take action. (cont’d.)

3 **Alerts** will prompt you for the information required to complete and receive credit for each goal.

4 **Alternatives** may be offered for some goals. So if you think you might be unable to meet the goal as stated, you might qualify for an opportunity to earn the same reward by different means.

As always, Cigna health coaches and customer service representatives are available to support and encourage you at every turn.

Happily ever after is waiting.
Begin your journey by visiting [myCigna.com](http://mycigna.com) now.

You can also view your incentives information by downloading the myCigna Mobile App.*

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