

INNOVATION FOR A HEALTHIER PLANET

MOTIVATE ME!

2018 Cigna Incentive Awards Program Cigna Subscribers

What is the Cigna Incentive Awards Program?

This program is offered to benefits eligible employees by the University through Cigna to assist in rewarding employees for taking positive preventive measures over their health. If you take an online personalized health assessment you receive \$50 in points! If you complete an annual physical exam you receive \$50 in points! If you complete the *free* biometric health screening in March during one of the Wellness Fairs you receive \$25 in points! There are so many easy ways for employees to earn award points, and you can confidentially manage it all online.

Why register if you are a Cigna subscriber?

Register at www.myCigna.com so that you can monitor your medical claim status, look up estimates of health care costs, search for a physician, utilize prescription home delivery services, and much more. MyCigna includes a personal health assistant, a 24-hour health information line and a direct link to the Incentive Awards Program.

How do you access the Cigna Incentive Awards Program?



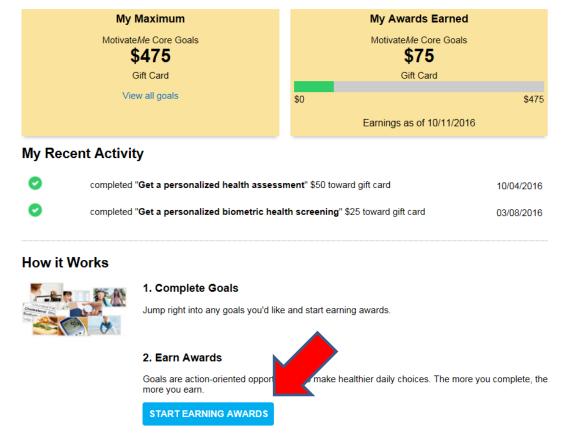
1. Sign in to www.myCigna.com

LOGIN / REGISTER	HOW TO REGISTER	SITE BENEFITS
Login to myCigna.com User ID		
Password		
LOGIN		
Forgot User ID Forgot Password Login Help		
Don't have a user ID and Password?		
REGISTER NOW REGISTRARSE EN ESPAÑOL		

2. At the bottom of the home page, select the **"Incentive Awards Program"** link under "Stay Healthy"



3. Select "Start Earning Awards" to view and manage the various ways to earn award points



Helpful Reminders:

- If you complete your *free* biometric health screening in March during one of the Wellness Fairs your information (weight, height, cholesterol levels, etc) will automatically populate in to the personalized health assessment.
 - Complete the biometric health screening? \$25 in points
 - Complete the personalized health assessment? \$50 in points
- When you complete an annual physical exam you will automatically receive
 \$50 in points once the claim is processed (no more saving receipts to prove you went for a physical)!
 - Other ways to earn \$25 in points: flu shot, annual OB/GYN exam, cervical/prostate cancer screening (preventive exam), mammogram
 - Having a baby? Earn \$250 in points if you sign up for "Healthy Pregnancies, Healthy Babies" program during your 1st trimester or \$125 in points if you sign up during your 2nd trimester (spouses included)
- When you redeem your points for gift cards through Cigna, you can have them sent to you via email and you can also choose to gift them to someone else.
- When you login to your myCigna account, this account contains your personal and confidential information. It is not shared with UNE.
- Don't forget to the download the myCigna mobile app!

For questions regarding the Cigna Incentive Awards Program, contact Cat Martins at 602-2394 or cmartins@une.edu.

For questions regarding your myCigna account, contact Cigna at 800-244-6224.

