



**Earn up  
to \$100  
per year**

# Wellness Rewards

It's easy to earn rewards by making healthy decisions. Choose your healthy activities and watch your rewards add up. The more you do, the more Wellness Rewards you'll earn.

## Earn points to unlock each level for your rewards:

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	Total Wellness Rewards
Points	7,000	25,000	40,000	60,000	
Rewards	\$10	\$20	\$30	\$40	\$100

## Who's Eligible?

If you think you might be unable to meet a standard for a reward under this wellness experience, you might qualify for an opportunity to earn the same reward by different means.



# Ways to earn:

Go to your **myCigna®** Wellness Experience for a complete list of activities to earn rewards.

	Do healthy things:	Earn points:
Getting started	Complete registration	100
	Add profile picture	100
	Add 5 friends	250
Daily	Take 1,000 steps in a day	10
	Do your Daily Cards (2 per day)	20
	Track your Healthy Habits (3 per day)	10
	Track sleep nightly	20
	Sleep > 7 hours in a night	50
	Complete a step in Journeys®	20
	Win the promoted Healthy Habit challenge	200
Monthly	Complete 20 Daily Cards in a month	200
	Track Healthy Habits 20 days in a month	300
	Track sleep 10 days in a month	100
	20-Day Triple Tracker: 10,000 steps/30 active minutes/30 workout minutes	500
	Join the Challenge	100
Quarterly	Set your interests	100
	Complete a Journey (3 per quarter)	150
Yearly	Set a well-being goal	200
	Get a flu shot	200
	Complete the Health Assessment	500
	Complete a biometric screening	500



Scan the QR code to visit **myCigna.com** to log in or get started today!