

# 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](http://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?



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

1. Sign in to [www.myCigna.com](http://www.myCigna.com)



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

The screenshot shows the bottom of the MotiveMe website. On the left, there are two main promotional boxes: an orange one titled "YOUR COVERAGES... THE BIG PICTURE" with a sub-link "Explore now", and a green one titled "GET REWARDED FOR HEALTHY ACTIONS" with a sub-link "MotivateMe® today". Below these are three columns of links: "Stay Healthy" (Home Delivery, Pharmacy, New Prescription, Refill, Drug Costs), "Incentive Awards Program" (highlighted with a red arrow), "Online Coaching Program, My Health Assistant", "Manage My Health", "Discount Programs – Healthy Rewards", and "Help" (Change Other Information, Health Care Glc).

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

The screenshot shows two summary cards. The left card, "My Maximum", displays "MotiveMe Core Goals" with a maximum value of "\$475" for a "Gift Card" and a "View all goals" link. The right card, "My Awards Earned", displays "MotiveMe Core Goals" with a current value of "\$75" for a "Gift Card". A progress bar below shows the earned amount as a green segment of a total bar representing \$475. The text "Earnings as of 10/11/2016" is at the bottom.

### My Recent Activity

- ✓ completed "Get a personalized health assessment" \$50 toward gift card 10/04/2016
- ✓ completed "Get a personalized biometric health screening" \$25 toward gift card 03/08/2016

### How it Works



#### 1. Complete Goals

Jump right into any goals you'd like and start earning awards.

#### 2. Earn Awards

Goals are action-oriented opportunities to make healthier daily choices. The more you complete, the more you earn.

[START EARNING AWARDS](#)

## 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 1<sup>st</sup> trimester or **\$125** in points if you sign up during your 2<sup>nd</sup> 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](mailto:cmartins@une.edu).

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

