



**Earn up  
to \$500  
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 you'll earn—up to \$500 in Wellness Cash.

|                                                   |                                     |       |
|---------------------------------------------------|-------------------------------------|-------|
| <b>Complete<br/>actions to help<br/>you earn:</b> | Complete a biometric screening      | \$50  |
|                                                   | Complete the Health Assessment      | \$50  |
|                                                   | Annual physical or well-woman visit | \$100 |

**Participate in additional healthy activities throughout the year to earn points and watch your additional Wellness Rewards add up.**

|                | <b>LEVEL 1</b> | <b>LEVEL 2</b> | <b>LEVEL 3</b> | <b>LEVEL 4</b> | <b>Wellness Cash<br/>earned by<br/>completing levels</b> |
|----------------|----------------|----------------|----------------|----------------|----------------------------------------------------------|
| <b>Points</b>  | 7,000          | 25,000         | 40,000         | 60,000         |                                                          |
| <b>Rewards</b> | \$40           | \$60           | \$80           | \$120          | \$300                                                    |

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. Log in to **myCigna** to request a Cigna Healthcare representative to work with you, and if you wish, with your doctor.



# 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          |
|                 | Set a well-being goal                                                    | 200          |
|                 | Complete the Nicotine Free Agreement                                     | 100          |
| 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           |
| Monthly         | Win the promoted Healthy Habit challenge                                 | 200          |
|                 | 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          |

## Use your Wellness Cash:



Visit the store



Donate it



Get a gift card



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

## Who’s eligible?

All Cigna Healthcare products and services are provided exclusively by or through operating subsidiaries of The Cigna Group. Customers under age 13 (and/or their parent/ guardian) will not be able to register at **myCigna.com**.