



TAKE CARE. GET REWARDED.

Get rewarded for the healthy actions you take.
The more you do, the more you earn.

JANUARY 1 - AUGUST 31, 2015

Cigna MotivateMe Program®



Offered by: Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, or their affiliates.

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MotivateMe® is an incentive* program that helps you change unhealthy behaviors and rewards you for it. And that's important, because taking healthy actions will help reduce your risk of illness, disease and costly medical treatment. With MotivateMe, you'll work toward achieving real results that mean a real, healthy change for you.

I'm ready. How do I start?

1. Go to **myCigna.com** and select "Register."
2. Enter your personal details like name, address and date of birth.
3. Always enter the zip code that is on file with the City of Memphis.
4. Confirm your identity with secure information like your Cigna ID, Social Security number or complete a security questionnaire. This will make sure only you can access your information.
5. Create a user ID and password.
6. Review and submit.

New for 2015!

Spouses covered on the medical plans are eligible to participate and earn points and rewards too! Have your spouse follow the same simple steps.

1. Go to **myCigna.com** and select "Register."
2. Enter the spouse's name, address and date of birth.
3. Enter the employee's/retiree's (subscriber – person enrolled in the health plan) Cigna ID# or Social Security number.
4. Always enter the ZIP code that is on file with the City of Memphis.
5. Create a user ID and password.
6. Review and submit.

Now you and your spouse are ready to access the City of Memphis' incentive program. Visit myCigna.com> Manage My Health> Incentive Awards Program. There you'll find a list of available healthy goals and details on how to earn points for valuable incentives.

CITY OF MEMPHIS / WELLNESS WORKS REWARDS PROGRAM TIERED INCENTIVE

Points earned	Employee	Spouse	Healthy household maximum
200 points	\$60	\$60	\$120
100–199 points	\$40	\$40	
50–99 points	\$20	\$20	

Employees and eligible spouses who earn 200 points in the 2015 program year will be rewarded within 90 days of their points being verified. Employees and eligible spouses who earn less than 200 points will receive an incentive based on the points earned by August 31, 2015.

The program offers a total of 340 points.



You can also access MotivateMe through the myCigna Mobile App.**

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*Incentive awards may be subject to tax; you are responsible for any applicable taxes. Please consult with your personal tax advisor for assistance.

**The downloading and use of the myCigna Mobile App is subject to the terms and conditions of the App and the online stores from which it is downloaded. Standard mobile phone carrier and data usage charges apply.

Goal type	Description	Who's eligible	Award type	Timing
Get a personalized health assessment	A confidential questionnaire that asks you about your health and well-being and provides a personalized assessment of your current health.	Employee, Retiree and Eligible Spouse	25 points – complete once	Complete between Jan 1 – Aug 31
Get a personalized biometric health screening	Know your numbers. Complete blood pressure, cholesterol, blood sugar and body mass index (BMI) screening.	Employee, Retiree and Eligible Spouse	25 points – complete once	Complete between Jan 1 – Aug 31
I participated in a wellness activity	If you participated in a health and wellness activity, it shows your commitment to a healthy lifestyle. These activities include approved Seminars, Webinars and MotivateMe-sponsored events.	Employee, Retiree and Eligible Spouse	10 points report up to 8 times for a total of 80 points	Complete between Jan 1 – Aug 31
I made smart and delicious food choices	What you eat can affect your sleep, your mood, your energy level and overall health. Learn how to make better choices with nutrition education seminars.	Employee, Retiree and Eligible Spouse	10 points report up to 3 times for a total of 30 points	Complete between Jan 1 – Aug 31
I took part in physical activity	It's good for your body, mind and soul. Participate in a sponsored charity walk/run, be active in the City's fitness centers or meet the CDC guidelines for physical activity.	Employee, Retiree and Eligible Spouse	10 points – report up to 4 times for a total of 40 points	Complete between Jan 1 – Aug 31
I'm managing my weight	Share the action you took today that shows your commitment to losing or maintaining a "feel good" weight by participating in Weight Watchers at Work or other approved program.	Employee, Retiree and Eligible Spouse	10 points – report up to 2 times for a total of 20 points	Complete between Jan 1 – Aug 31
Make progress toward a personal health goal (talk to a health coach)	Work with a trained health coach to set a personal health goal and make progress toward achieving it. Call a health coach at 855.246.1873.	Employee, Retiree and Eligible Spouse	25 points – complete once	Complete between Jan 1 – Aug 31
Get help improving my lifestyle habits – tobacco Enroll by June 30	Quitting tobacco is one of the most important things you can do for better health. A health coach can help you take that critical first step today. Call a health coach at 855.246.1873.	Employee, Retiree and Eligible Spouse	Surcharged waived upon completion	Complete between Jan 1 – Aug 31
Work towards a healthier weight	Losing even a small amount of weight can help improve your health in many ways.	Employee, Retiree and Eligible Spouse	15	Complete between Jan 1 – Aug 31
Manage your stress	Stress is unavoidable, but we can help you manage it.	Employee, Retiree and Eligible Spouse	15	Complete between Jan 1 – Aug 31

If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact us at **855.246.1873** and we will work with you and, if you wish, with your doctor.

Goal type	Description	Who's eligible	Award type	Timing
Control your asthma	Properly managing and controlling your asthma is essential for a long and productive life.	Employee, Retiree and Eligible Spouse	15	Complete between Jan 1 – Aug 31
Manage your heart disease/coronary artery disease (CAD)	CAD can weaken the heart muscle, but awareness and positive behavioral changes can help.	Employee, Retiree and Eligible Spouse	15	Complete between Jan 1 – Aug 31
Manage your diabetes	Learn how to reduce your risk for heart-disease and diabetes-related complications.	Employee, Retiree and Eligible Spouse	15	Complete between Jan 1 – Aug 31

Health, Wellness, and Benefits

City of Memphis, Human Resources Division

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