TAKE CARE. GET REWARDED.

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

JANUARY 1 – NOVEMBER 30, 2016

Cigna Motivate*Me* Program®

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The Cigna Motivate*Me*® incentive* program can help 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 Motivate*Me*, you'll work toward achieving real results that can 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 information like your Cigna ID, Social Security number or complete a security questionnaire.
5. Create a user ID and password.
6. Review and submit.

Spouse participation

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 number 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> My Health> Incentive Awards. 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

Program duration 01/01/2016-11/30/2016	Employee (EE) Earn a maximum of 745	Spouse (SP) Earn a maximum of 390	Household Earn a maximum of 1,135
600+ points	$80		$120
300-599 points	$60		$100
100-299 points	$40	$40	$80

Employees, retirees and eligible spouses who earn a combined 700 points (600 points for Employee and 100 points for Spouse) in the 2016 program year will be rewarded within 90 days of their points being verified. Employees, retirees and eligible spouses who earn less than 700 points (600 points for Employee and 100 points for Spouse) will receive an incentive based on the points earned by November 30, 2016.

The program offers a total of 1,135 points in 2016.

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You can also access the Cigna Motivate*Me* Program through the myCigna 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	Points and frequency	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 EE 10 points SP x1	Complete between Jan 1 – Nov 30
Get a personalized biometric screening	Know your numbers. Complete blood pressure, cholesterol, blood sugar and body mass index (BMI) screening.	Employee, Retiree and Eligible Spouse	25 points EE 15 points SP x1	Complete between Jan 1 – Nov 30
I participated in a wellness activity (Self-report)	If you participated in a health and wellness activity, it shows your commitment to a healthy lifestyle.	Employee and Retiree	20 points – report up to 11 times for a total of 220 points	Complete between Jan 1 – Nov 30
I took part in physical activity (Self-report)	Tell us what you did to put your body in motion.	Employee, Retiree and Eligible Spouse	20 points EE 10 points SP x 11	Complete between Jan 1 – Nov 30
Make progress toward a personal health goal (talk to a health coach by telephone)	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	15 points – report up to 3 times for a total of 45 points	Complete between Jan 1 – Nov 30
Improve your nutrition (4-weeks online)	Eating healthy is essential to your overall well-being. Get your nutrition back on track.	Employee, Retiree and Eligible Spouse	15 points – report up to 3 times for a total of 45 points	Complete between Jan 1 – Nov 30
Manage your stress (4-weeks online)	Stress is unavoidable, but we can help you manage it.	Employee, Retiree and Eligible Spouse	15 points – report up to 3 times for a total of 45 points	Complete between Jan 1 – Nov 30
Work towards a healthier weight (6-months online)	Losing even a small amount of weight can help improve your health in many ways.	Employee, Retiree and Eligible Spouse	15 points – report up to 2 times for a total of 30 points	Complete between Jan 1 – Nov 30

(Chart continues on back page)

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	Points and frequency	Timing
Control your asthma (6-months online)	Properly managing and controlling your asthma is essential for a long and productive life.	Employee, Retiree and Eligible Spouse	15 points – report up to 2 times for a total of 30 points	Complete between Jan 1 – Nov 30
Manage your heart disease/coronary artery disease (CAD) (6-months online)	CAD can weaken the heart muscle, but awareness and positive behavioral changes can help.	Employee, Retiree and Eligible Spouse	15 points – report up to 2 times for a total of 30 points	Complete between Jan 1 – Nov 30
Manage your diabetes (6-months online)	Learn how to reduce your risk for heart-disease and diabetes-related complications.	Employee, Retiree and Eligible Spouse	15 points – report up to 2 times for a total of 30 points	Complete between Jan 1 – Nov 30

Health, Wellness, and Benefits

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