

It's Your Time To Thrive

The Cigna MotivateMe program gives you the tools to get active, get healthy, and get rewarded.

What You'll Do:

- Join now at www.mycigna.com . Already a member? Login to your Cigna account and be sure to bookmark the site.
- Download the Cigna App and put the power of the program in the palm of your hands.
- Know your stats by taking a health assessment, biometrics screenings and health measurements, like BMI. Health Assessment and Biometrics must be completed by 4/30/2023 in order to receive an incentive.
- Get rewarded for the healthy things you do! The more you do, the more you earn. See your activities translate into rewards!
- Funding will go directly into your Health Savings Account or Healthy Awards account if enrolled in the Open Access Plan.



ELIGIBLE ACTIVITY	HEALTHY AWARD	DEADLINE
<i>Get a personalized Biometric Screening</i> Employee Only	\$100 Incentive	Complete the biometric screening by April 30 th , 2023
<i>Get a personalized Health Assessment</i> Employee and/or Spouse	\$100 Incentive	Complete the assessment by April 30 th , 2023
<i>Lifestyle Management Programs (LMPs)</i> – for any Employee and/or Spouse who enrolls in and completes any one of Cigna's three LMPs offered (Smoking Cessation, Weight Management and Stress Management) Employee and/or Spouse	\$100 Incentive	Available throughout the policy year January - December
<i>Centers of Excellence-Service for Orthopedic Back/Joint Surgery or Heart Surgery</i> Employee and/or Spouse	\$300 Incentive	Available throughout the policy year January - December
<i>Healthy Pregnancy/Healthy Babies (HPHBs)</i> Employee and/or Spouse who enrolls and completes the program	\$150 if enrolled during the 1st trimester OR \$75 if enrolled during the 2nd trimester	Available throughout the policy year January - December
<i>Omada Diabetes Prevention Program</i> --for any eligible Employee and or/Spouse who enrolls and completes the program	\$250 Incentive	Available throughout the policy year January - December

CIGNA HEALTHY REWARDS-DISCOUNT PROGRAMS



Fitness club memberships

Low-cost Fitness Center Memberships Choose from 10,000² + fitness centers nationwide for \$25/month (plus a \$25 enrollment fee and applicable taxes). Participating clubs are part of American Specialty Health Networks and this offer includes access to over 800 virtual workouts.



Virtual Workouts

Over 1,000⁶ virtual workout can be streamed to the device of your choice for a reduced month subscription rate from Daily Burn.



Yoga, Fitness and Wellness Products

Reduced pricing for Gaiam® yoga mats and fitness accessories, instructional yoga and digital DVDs.



Wearable Fitness Devices

GARMIN offers several wearables and a scale featured durability and long battery life at a discount.



Hearing Exams and Hearing Aids

We have partnered with Amplifon Hearing Health Care. You'll have access to custom hearing solutions – over 2,800⁵ products, a 60-day risk-free trial, 1 year of free follow-up care, 2 years of batteries and a 3 year warranty.



Complementary and alternative medicine

Reduced rates from over 46,600² participating providers including acupuncturists, chiropractors, massage therapists, physical and occupational therapists, podiatrists and registered dieticians.



Nutritional Home Delivery Meal Service

Mom's Meals are refrigerated meals that can be purchased for you or a loved one tailored to health needs (wellness, diabetic friendly, heart healthy, etc.) with free shipping.



Eyeglasses

Reduced rates at nearly 26,000 participating retailers and providers.⁴ Discounts on eyeglasses prescription sunglasses and vision exams.



Laser Vision Correction (LASIK)

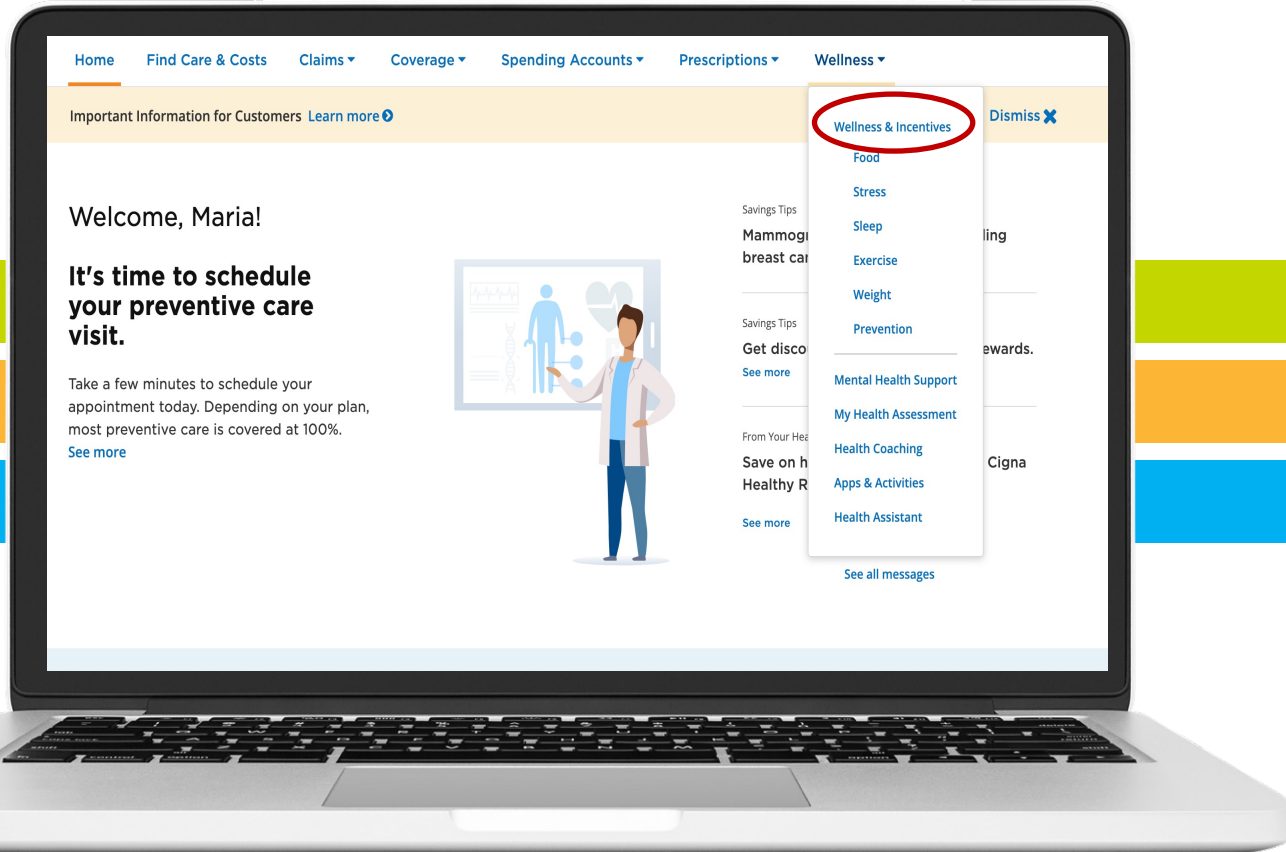
Reduced rates at over 600 participating facilities³



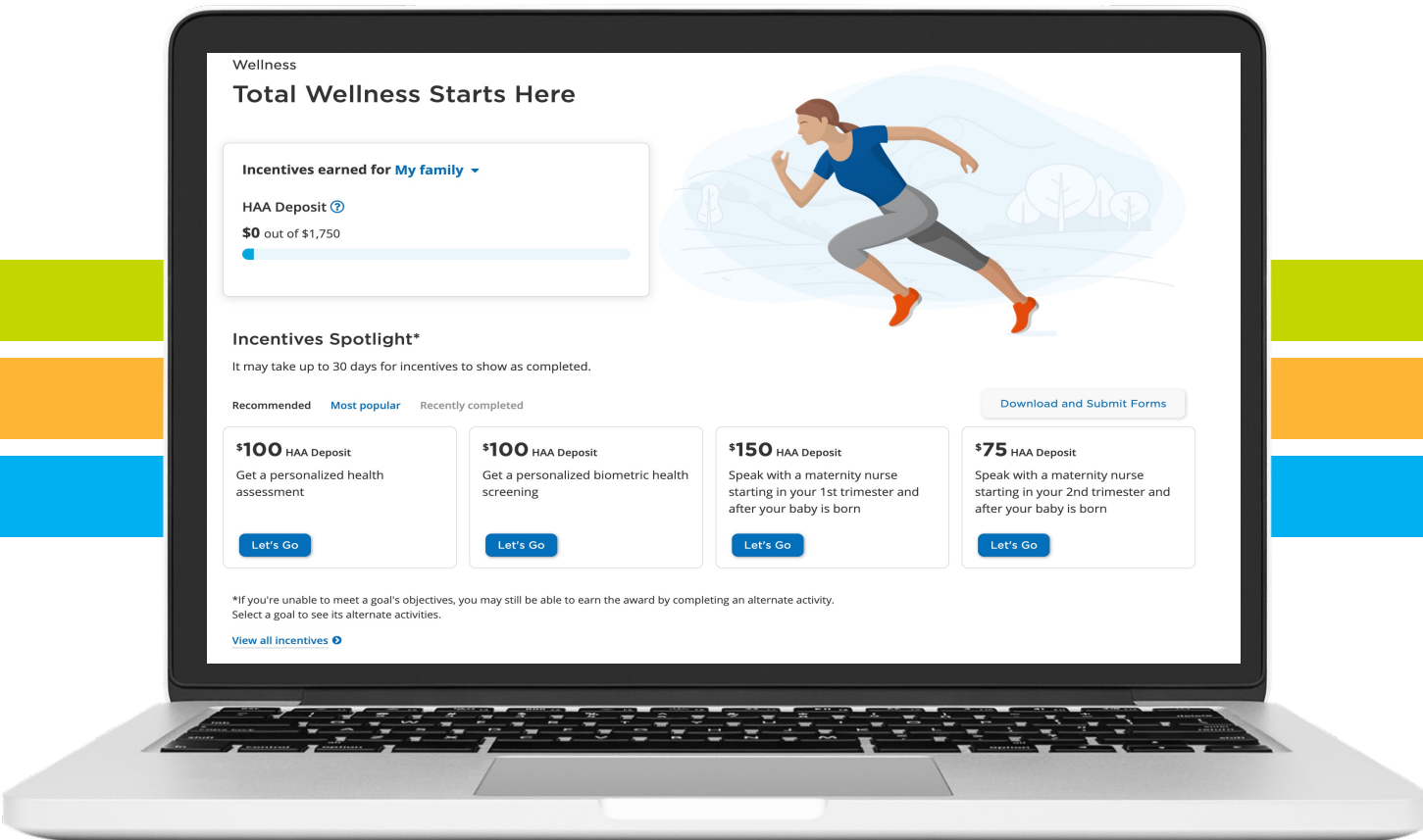
Mom's Meals

- Meal Choice on Every Order.
 - Delivery to ANY U.S. Address.
 - Menus Tailored to Health Conditions.
 - Conveniently Refrigerated.
 - Easy Ordering and Support
- 877-347-3438 or at www.momsmeals.com/CIGNA
- Affordable: \$6.99 per meal (\$7.99 for pureed) + **FREE** shipping for Cigna Customers

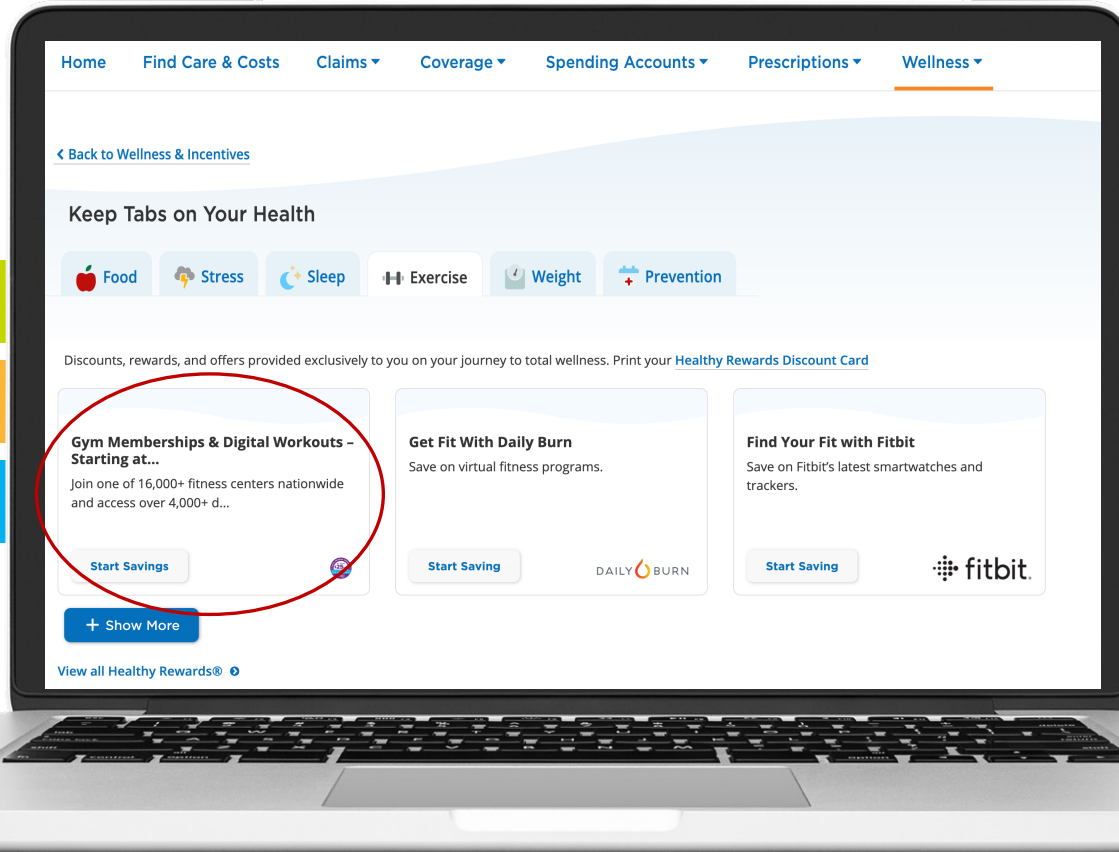
MyCigna.com-> Wellness - > Wellness & Incentives



Complete an Activity and Earn Healthy Award Incentives



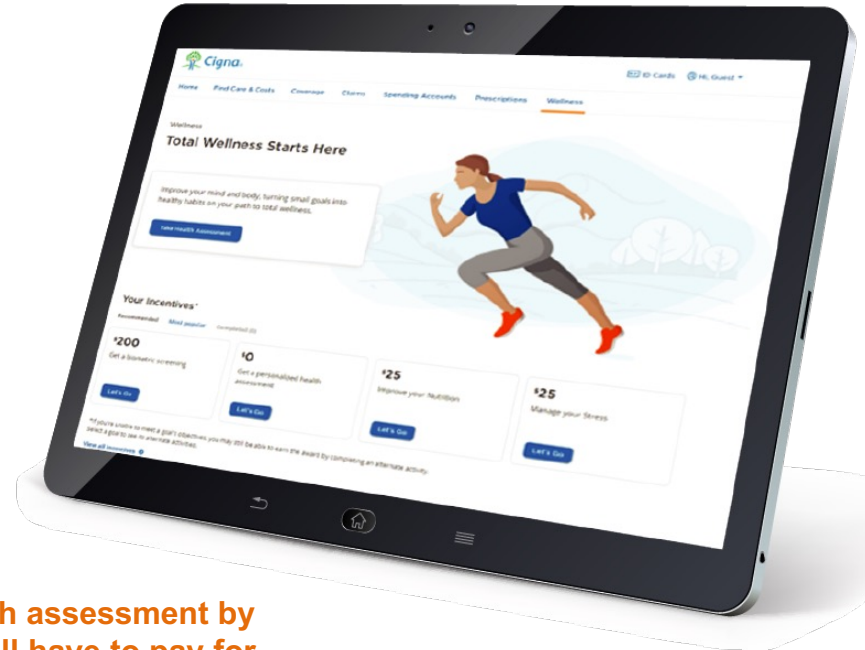
Sign up for gym memberships



HEALTH ASSESSMENT

1. First, complete your quick and easy online health assessment.
2. Then, get a wellness score, as well as recommendations to start on a path to better health.
3. Share your report with your doctor at your next visit.

Stevens Institute offers an incentive for completing the health assessment by the 4/30/2023 deadline, which may reduce the amount you will have to pay for your benefits.



For illustrative purposes only.



BIOMETRIC SCREENINGS

Knowing certain information will help you and your doctor better understand your health, and where there's opportunity for improvement. If your employer offers biometric screenings¹ — or if you receive them during regular check-ups with your doctor — be sure to get the following and record the results.



Blood pressure



Body mass index (BMI)



Cholesterol



Blood glucose

1. Biometric screenings are independently administered by third-party providers and not by Cigna.

CIGNA LIFESTYLE MANAGEMENT PROGRAMS

Our health advocates provide personalized support to help you make lasting changes.

- **Weight management:** Learn to manage your weight using a non-diet approach that helps you change habits, eat healthier and become more active
- **Quit tobacco:** Develop a personal quit plan to become — and stay — tobacco-free
- **Reduce stress:** Understand the sources of your stress and learn coping techniques to better manage it in all areas of your life



Use an online or telephone coaching program (or both) for the support you need.



Cigna Healthy Pregnancies, Healthy Babies®

Provide expectant mothers with the information and support they need to optimize their chances of having a healthy, full-term pregnancy

- Early identification of high risk pregnancy
- Links to maternity information and resources
- Preconception planning and infertility education
- Pregnancy workbook
- Unlimited coaching calls
- Screening and support for postpartum depression
- Financial incentive for engaging with a coach in first or second trimester



OMADA® FOR CIGNA¹

Omada is a digital lifestyle change program focused on building healthy, long-lasting habits.

- Designed to help you lose weight, gain energy and reduce the risks of type 2 diabetes and heart disease
- Surrounds you with the tools and support you need to make lasting, meaningful changes to the way you eat, move, sleep and manage stress — one small step at a time
- Teaches healthy habits — guided by interactive online lessons and support groups, professional health coaching and a digitally connected scale
- Receive the program at no additional cost if you or your covered adult dependents are enrolled in the company medical plan offered through Cigna, are at risk for type 2 diabetes or heart disease, and are accepted into the program

1. The Omada® program is administered by Omada Health, Inc., an independent third-party service provider. Cigna does not endorse or guarantee the products or services of any third parties and assumes no liability with respect to any such products or services.

