### Health Assessment

Required before you are eligible to earn any of the dollars listed below.

- Complete the health assessment located at mycigna.com. You must complete the Health Assessment before any other initiatives can be rewarded. *(Cigna will look back to October 1, 2019 to give you credit)*

### Annual Preventive Exam for Cigna Members

Complete one of the following annual preventive services through the health plan. *(Cigna will award you points once your claim has been processed)*

- Annual Physical Exam
- OB/GYN Well Woman Exam
- Cervical Cancer Screening Exam
- PSA/Prostate Screening Exam
- Preventive Mammogram Exam
- Preventive Colon Cancer Screening Exam

$25 (cap of 2 max of $50) 

### Take part in Telephonic Coaching to work on a chronic condition

Make progress toward a goal to overcome a health problem by working with a Cigna coach, Call 855-246-1873 to enroll

$25 (cap of 1) 

### Take part in Telephonic Coaching to work on Stress Management, Weight Management and Tobacco Cessation

Talk to a Cigna Coach to help you with Quitting Tobacco, Working toward a Healthier Weight and/or Managing Stress

$25 (cap of 1 per program, max of $75)

### Online Coaching Program

Complete any of the online coaching programs that are available through mycigna.com.

- Improve your Nutrition / Exercise for Better Health / Maintain a Positive Mood / Work Towards a Healthier Weight / Manage your Stress / Quit Tobacco – One Month Program / Control your Asthma / Manage your Coronary Artery Disease (CAD) / Manage your Chronic Obstructive Pulmonary Disease (COPD) / Manage your Diabetes / Managing Heart Failure

$10 (cap of 2 max of $20)

### Work with a Case Manager to Coordinate your care

Work one-on-one with a Case Manager to understand your condition and get help with coordinating care and treatment options, so you can focus on getting better. If you qualify, a Case Manager will contact you

$25 (cap of 1) 

### Annual Preventive Exam for Non-Medical Population

All Preventive Care goals for the non-medical population will be self-reported. You will have the opportunity to report under two separate categories.

1. Self report that you have had had you Annual Physical Preventive Exam.
2. Self report that you have had one of the following age/gender appropriate preventive exams:
   - OB/GYN Well Woman Exam
   - Cervical Cancer Screening Exam
   - PSA/Prostate Screening Exam
   - Preventive Mammogram Exam
   - Preventive Colon Cancer Screening Exam

N/A

### Participate in one of the 8 Dimensions of Health and Self Report Items on mycigna.com

**1.1.19 - 12.31.19**  
**Each Category is Capped at 1 Entry per Year**

<table>
<thead>
<tr>
<th>Physical</th>
<th>Dimensions of Wellness - Physical Goal</th>
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<tr>
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<td>$10 (cap of 1)</td>
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</tbody>
</table>

The Maximum Dollars an Employee is Eligible to Earn Annually = $120 $120