Welcome to Motivate Me!

University of Richmond is partnering with Cigna to offer an online and mobile wellness program that rewards you for healthy behaviors. Employees are able to participate in programs and activities to reach goals and earn rewards! Employees have the opportunity to earn up to $120 in gift cards throughout 2018.

1. Online Cigna Health Assessment
2. Participation in Campus Wide Dimensions of Wellness Programs
   - Physical
   - Intellectual
   - Financial
   - Occupational
   - Emotional, Environmental, Social and Spiritual
3. Online Wellness Coaching
4. Preventive Visits with your PCP or Specialists
### University of Richmond

Your Motivate Me rewards campaign will run from January 1, 2018 - December 31, 2018 unless otherwise noted.

* First - you will need to register on Cigna's website at www.mycigna.com. *Note: you do not need to be enrolled in University of Richmond's medical plan to participate. If you are a full-time, benefit-eligible employee, you will still be able to participate in the wellness programs.*

* Only University of Richmond Full-time employees are eligible to participate (not spouses or dependents)

<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
<th>Gift Card $ Earned</th>
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<tbody>
<tr>
<td><strong>Health Assessment</strong></td>
<td>Complete the health assessment located at mycigna.com. You must complete the Health Assessment before any other initiatives can be rewarded. <em>(Cigna will look back to October 1, 2017 to give you credit)</em></td>
<td><strong>Cigna Enrolled Employees</strong></td>
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| **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  
- PSA/Prostate Screening Exam  
- Preventive Mammogram Exam  
- Preventive Colon Cancer Screening Exam  
- Annual Flu Shot | **$25**  
(cap of 2 max of $50) | N/A |
| **Online Coaching Program** | Complete any of the online coaching programs that are available through mycigna.com. They include:  
- Improve your Nutrition  
- Exercise for Better Health  
- Maintain a Positive Mood  
- Work Towards a Healthier Weight  
- Manage your Stress  
- Quit Tobacco – Six 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) | **$10**  
(cap of 2 max of $20) |
| **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 your 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  
- PSA/Prostate Screening Exam  
- Preventive Mammogram Exam  
- Preventive Colon Cancer Screening Exam  
- Annual Flu Shot | N/A | **$25**  
(cap of 2 max of $50) |

**PARTICIPATE IN ONE OF THE 8 DIMENSIONS OF HEALTH AND SELF REPORT ITEMS ON MYCIGNA.COM 1.1.18 - 12.31.18**  
**EACH CATEGORY IS CAPPED AT 1 ENTRY PER YEAR**

| Physical | Dimensions of Wellness - Physical Goal | $10  
(cap of 1) | $10  
(cap of 1) |
| Intellectual | Dimensions of Wellness - Intellectual Goal | $10  
(cap of 1) | $10  
(cap of 1) |
| Financial | Dimensions of Wellness - Financial Goal | $10  
(cap of 1) | $10  
(cap of 1) |
| Occupational | Dimensions of Wellness - Occupational Goal | $10  
(cap of 1) | $10  
(cap of 1) |
| Social, Spiritual, Environmental & Emotional | Dimensions of Wellness - Social, Spiritual, Environmental & Emotional Goal | $10  
(cap of 1) | $10  
(cap of 1) |

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