2020 MotivateMe Incentive Opportunities: Dimensions of Wellness

This is an overview of programs that can be self-reported to earn MotivateMe incentives for the Dimensions of Wellness categories. Each of the following categories is capped at 1 activity ($10), for a total possible incentive of $120. (Please note, the dates and times of the events listed below are subject to change.)

- Dimensions of Wellness – Physical Goal
- Dimensions of Wellness – Intellectual Goal
- Dimensions of Wellness – Financial Goal
- Dimensions of Wellness – Occupational Goal
- Dimensions of Wellness – Emotional Goal
- Dimensions of Wellness – Social, Spiritual & Environmental Goal

For a list of all possible MotivateMe incentive opportunities, log on to mycigna.com.

Throughout the year

**Personal Training Sessions**
**Physical Dimension**
As scheduled.

**Massage Therapy Sessions**
**Emotional Dimension**
As scheduled.

**Mindful Mondays**
**Emotional Dimension**
Wilton Center: Interfaith Prayer Room: Mondays from 12-1pm

**Employee Assistance Program (EAP) Webinars**
**Intellectual Dimension**
The EAP offers multiple webinars on wellness topics every month. Access all webinars (including past webinars on demand) at www.Cigna.com/EAPWebcasts.

**TIAA Financial Webinars**
**Financial Dimension**
TIAA offers multiple webinars on financial topics every month. Access all webinars (including past webinars on demand) at www.TIAA.org/webinars.
January 2020

**Financial Wellness Series: “Get a Head Start”**
Financial Dimension
January 22 | 12-1 pm | Heilman Dining Center, Richmond Room
*Registration required*

February 2020

**Managers' Caregiver Support Series: The Role of Managers in Supporting Caregivers on Your Team: Understanding the Tools & Resources for You and Your Employees**
Occupational or Emotional Dimension
February 3 | 10 am - 12 pm | Weinstein Hall - Brown Alley Room

**URWell Caregiver Series Kickoff: Resources and Support for Caregivers**
Occupational or Emotional Dimension
February 3 | 12-1 PM | International Commons
*Registration required*

March 2020

**Wellness Fair**
Intellectual Dimension
March 17 | 10 am – 4pm | Weinstein Center for Recreation

**URWell Caregiver Series: EAP Seminar Sandwich Generation - Caught in the Middle**
Occupational or Emotional Dimension
March 17 | 9-10 am OR 12-1 pm | Weinstein Center, 202
*Registration required*

**Managers’ Caregiver Support Series: The Logistics of Managing Employee Caregivers**
Occupational or Emotional Dimension
March 19 | 10 am - 12 pm | Weinstein Hall - Brown Alley Room

April 2020

**URWell Caregiver Series: EAP Seminar Navigating Eldercare - A Compass for Caregivers**
Occupational or Emotional Dimension
April 28 | 12-1 pm | Weinstein International Center Commons

**Managers’ Caregiver Support Series: Partner Violence Awareness for Managers**
Occupational or Emotional Dimension
April 16 | 10 am - 12 pm | Weinstein International Center Commons
May 2020

Manager’s Caregiver Support Series: Suicide & Mental Health Awareness for Managers
Occupational or Emotional Dimension
May 21 | 10 am - 12 pm | Weinstein Hall - Brown Alley Room

URWell Caregiver Series: Support for Families Managing Mental Health, Suicide, Addiction Challenges
Occupational or Emotional Dimension
May 21 | 12-1pm | Weinstein International Center Commons
Registration required

June 2020

Anthem Corporate Run
Physical, Social, or Emotional Dimension
June 4 | Innsbrook Office Park
Registration required – More details coming soon!

Fishing Tournament
Social Dimension
Registration required – More details coming soon!

Manager’s Caregiver Support Series: Drug & Alcohol Awareness for Managers
Occupational or Emotional Dimension
June 11 | 10 am - 12 pm | Weinstein International Center Commons

July 2020

URWell Caregiver Series: Stamping Out Stigma
TBD

August 2020

URWell Caregiver Series: Caring for the Caregiver
TBD