



TAKE CARE. GET REWARDED.

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



HEALTHY YOU. HAPPY WALLET.

Cigna MotivateMe Program®

Together, all the way.®



Cigna MotivateMe Program®

MotivateMe is an incentive program that helps 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 MotivateMe, you'll work toward achieving real results that mean a real, healthy change for you.

Take care with things like a health assessment or biometric screening and you may earn awards,* such as lower plan premiums or deposits into your health fund account or paycheck. The more you do, the more you earn. Of course, the best reward is your good health.

A uniquely personalized experience

Anyone who's ever tried to undo a bad habit or maintain a new, healthy one knows how hard it can be. It takes time, determination and, sometimes, your own personal cheering section.

To help make it easy, our health coaches and customer service representatives will be there to support you throughout - online or by phone. We'll remind you about which health and wellness activities and programs you're eligible for, suggest helpful online resources like our MotivateMe incentive page, and encourage you - from start to finish.

I'm ready. How do I start?

Visit myCigna.com > Incentive Awards Program

There, you'll find:

- A list of available healthy actions and goals
- Details on how to get started
- Instructions on how to earn and redeem your rewards



You can also view your incentives information by downloading the myCigna Mobile App.**

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COMPLETE START UP GOALS

You must complete these goals before any others to earn incentive awards.

Add up the savings. To earn a reward on your 2024 medical plan, you and your covered spouse must each complete your Annual Physical and myCigna Health Assessment between September 1, 2022 - August 31, 2023.

Completed your Health Assessment and Annual physical? You and your spouse on the medical plan may then also be eligible to earn gift card rewards up to \$75 as an employee or \$50 for covered spouses, when engaging in a variety of health and wellness goals between 9/1/2022-8/31/2023.

To see if you're eligible to start earning goals, or to redeem your rewards by 11/25/2023, go to myCigna.com> Wellness> Wellness & Incentives.

*Self-reported goals subject to audit verification, and any discrepancies will be addressed with Human Resources.

For all participants - 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 Cigna at 800.244.6224 and they will work with you and, if you wish, with your doctor.

For participants who may have an impairment - If you are unable to participate in any of the program events, activities or goals, because of a disability you may be entitled to a reasonable accommodation for participation, or an alternative standard for rewards. For work-site accommodations please contact BPS Benefits Team at 321.633.1000 ext 11216; for accommodations with online, phone or other Cigna programs, please contact Cigna at 800.244.6224.

Goal type	Description	Employee Award	Spousal Award	Timing
Start Up Goal 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.			9/1/2022-8/31/2023
Start Up Goal Complete my annual physical (preventive exam)	A preventive exam that's used to reinforce good health, address potential and chronic problems.	\$50	\$25	9/1/2022-8/31/2023
Get my annual OB/GYN exam (preventive exam)	A preventive exam that can identify early ovarian and cervical cancers, HPV (human papillomavirus), breast cancer and more.	\$25	\$10	9/1/2022-8/31/2023
Get a mammogram (preventive exam)	Breast cancers can be found using mammogram tests. Get tested and earn awards.	\$25	\$10	9/1/2022-8/31/2023
Get a colon cancer screening (preventive exam)	Colon cancer can be treatable when detected early. Get tested.	\$25	\$10	9/1/2022-8/31/2023
Get a cervical cancer screening (preventive exam)	Pap and HPV tests can detect changes that lead to cervical cancer.	\$25	\$10	9/1/2022-8/31/2023
Get a prostate screening	A prostate screening can detect changes that lead to prostate cancer.	\$25	\$10	9/1/2022-8/31/2023
Achieve a blood pressure of less than or equal to 139/89 or improve to a healthy level	Get a blood pressure test. Aim for systolic (pressure when heart beats) of 139 or less and diastolic (pressure when heart is resting) of 89 or less. If you cannot achieve the blood pressure target, improve blood pressure to a healthier level.	\$25	\$10	9/1/2022-8/31/2023

Goal type	Description	Employee Award	Spousal Award	Timing
Achieve a healthy cholesterol ratio	High cholesterol increases your risk for heart disease, heart attack, stroke, and other complications. Your cholesterol ratio is determined by your total cholesterol value / HDL cholesterol value.	\$25	\$10	9/1/2022-8/31/2023
Achieve a fasting blood sugar level less than 100 mg/dl OR non-fasting blood sugar level less than 140 mg/dl	High blood sugar (hypoglycemia) can lead to diabetes and other health problems.	\$25	\$10	9/1/2022-8/31/2023
Get help improving my lifestyle habits – tobacco	Quitting tobacco is one of the most important things you can do for better health. A health coach can help you take that critical step today.	Tobacco Surcharge Removal	Tobacco Surcharge Removal	9/1/2022-8/31/2023
Get help improving my lifestyle habits – weight	If you're looking to get to your healthy weight, a health coach can set realistic goals and help you work toward achieving each one.	\$10	\$10	9/1/2022-8/31/2023
Get help improving my lifestyle habit - stress	Lower your stress levels and raise your happiness levels by creating a personal stress management plan with a health coach.	\$10	\$10	9/1/2022-8/31/2023
*I participated in a BPS sponsored health engagement activity	I took part in BPS sponsored health or benefit education seminar. (Max of 3)	\$5	\$5	9/1/2022-8/31/2023
*I took part in physical activity with BPS	It's good for your body, mind and soul. Take part in a BPS sponsored 5k. (Self-report; Max of 3)	\$5	\$5	9/1/2022-8/31/2023
Participate in the Cigna Fitness Challenge	Participate in the Brevard Cigna Fitness Challenge when available.	\$25	\$25	9/1/2022-8/31/2023
Speak with a coach starting in your 1st trimester and after your baby is born	Get support and guidance during your 1st trimester and after your baby is born. (Reward amount separate of Gift Card maximum.)	\$150	\$150	9/1/2022-8/31/2023
Speak with a coach starting in your 2nd trimester and after your baby is born	Get support and guidance during your 2nd trimester and after your baby is born. (Reward amount separate of Gift Card maximum.)	\$75	\$75	9/1/2022-8/31/2023



Please consult your doctor for medical advice or services, including seeking advice prior to undertaking a new diet or exercise program.

* If your employer offers gift card incentives, refer to the relevant merchant for additional terms and conditions which may apply to your use of any gift card. Cigna is not responsible for lost or stolen gift cards. Incentive awards may be subject to tax; you are responsible for any applicable taxes. Please consult your personal tax advisor for assistance.

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