



# 2023 BPS MotivateMe® Incentive Program

**Program Effective Date:** most 9/1/2022 – 8/31/23 (90 day run-out) for Employees and covered Spouses

**Current Incentives to Earn:** Employee & covered spouse must earn complete Health Assessment & Annual Physical for 2024 medical plan reward (subject to change)

**Gift Card incentives rewards:** Employee Maximum: \$75 & Spouse Maximum: \$50

Goal	Value (Employee/Spouse)	Goal Dates	Eligible	Details
<b>Health assessment</b> (must complete to earn other rewards)		9/1/2022- <b>8/31/2023</b>	Employee & Spouse	<b>For 2024 Medical Plan Reward:</b> Complete myCigna.com online personalized health assessment. Automatically updated via myCigna.
<b>Annual physical exam</b> ) (must complete to earn other rewards)	\$50/\$25	9/1/2022- <b>8/31/2023</b>	Employee & Spouse	<b>For 2024 Medical Plan Reward:</b> Complete annual physical preventive exam with your PCP, Marathon Clinic, or MDLive Virtual Wellness Screening. Verified by: Claims
<b>Tobacco Cessation Coaching Completion</b>	Tobacco Surcharge Removal	9/1/2022-8/31/2023	Employee & Spouse	Get help for tobacco cessation with Cigna telephonic coach or onsite Health Coach, Joni.
<b>Preventive Care screenings</b>	\$25/\$10	9/1/2022-8/31/2023	Employee & Spouse	Complete age appropriate preventive screenings: Mammogram, Cervical, Colon, Prostate, Well Woman exam. Claims verified by screening codes.
<b>Biometric Outcome Goals</b>	\$25/\$10	9/1/2022-8/31/2023	Employee & Spouse	Achieve a Healthy cholesterol ratio; a healthy fasting or non-fasting blood sugar level, healthy blood pressure (1x each)
<b>Telephonic Health Coaching</b>	\$10/\$10	9/1/2022-8/31/2023	Employee & Spouse	Get help improving lifestyle habits for weight and/or stress with Cigna telephonic coach or onsite Cigna Health Coach, Joni
<b>Dental Cleaning; Vision Exam*</b>	\$5	9/1/2022-8/31/2023	Employee & Spouse	Members 2 self report goals: Dental Cleaning (1x max); Vision exam (1x max)
<b>Fill your prescriptions through home delivery</b>	\$10	9/1/2022-8/31/2023	Employee & Spouse	Make life easier and switch to home delivery for your maintenance medications through Express Scripts Pharmacy®, our home delivery pharmacy. Get a 90-day supply delivered right to your home—at no extra cost.
<b>BPS Customized Health &amp; Wellness*</b>	\$5	9/1/2022-8/31/2023	Employee & Spouse	Members self-report goal: Participate in a health or benefit education seminar (max of 3)
<b>BPS Sponsored 5k*</b>	\$5/\$5	9/1/2022-8/31/2023	Employee & Spouse	Members self-report goal: Participate in BPS Sponsored 5k (max of 3)
<b>Brevard Cigna Fitness Challenge</b>	\$25	9/1/2022-8/31/2023	Employee & Spouse	Complete the challenge by logging at least 30 minutes of exercise at least 3 times per week for any 3 weeks of the challenge
<b>Cigna Healthy Pregnancies, Healthy Babies® program</b>	\$150/\$75 (1st trimester/2nd trimester)	9/1/2022-8/31/2023	Employee & Spouse	Speak with a maternity nurse starting in your 1 <sup>st</sup> or 2 <sup>nd</sup> trimester, and after your baby is born. Goal separate of Gift Card maximum cap.



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

\*Incentives are funded by the employer and may be subject to taxes. Gift card merchant terms and conditions apply. Cigna is not responsible for lost or stolen gift cards. When required, Cigna will work with the customer (or their doctor) to allow for an incentive reward by different means if the customer is unable to meet a standard for a reward. Customers may also be entitled to a reasonable accommodation for participation, or an alternative standard for a reward, if they have a disability.