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 Motivate*Me* Program®

Together, all the way.®

Cigna®

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Cigna Motivate*Me* Program®

This incentive program 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 this program, 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 costs/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 incentive awards 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

Download on the App Store | GET IT ON Google Play | Available at amazon | Get it at BlackBerry World

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

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 accommodations with online, phone or other Cigna programs, please contact Cigna at 800.244.6224.

City of Burlington – Wellness Bonus Program

Wellness Bonus: Eligible employees can earn up to $400 in payroll deposits
Program Effective Dates: 08/01/20-06/30/21 (90 day runout with lookback from 07/01/20-7/31/20)

Goal	Value	Source
Health Assessment	Earn up to $100	Automatically updated, **must complete by 10/31/20**
Annual Physical	Earn up to $100	Claims verified by preventive code or submission of wellness screening form (for employees not on the Cigna medical plan)
Annual Dental Cleaning	Earn up to $100	Self-report at myCigna.com or in the mobile app
Participate in an Approved Wellness Activity	Earn up to $100 (up to $50/activity)	Self-report up to two times at myCigna.com or in the mobile app. Visit the City of Burlington Website for a list of approved wellness activities.

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

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