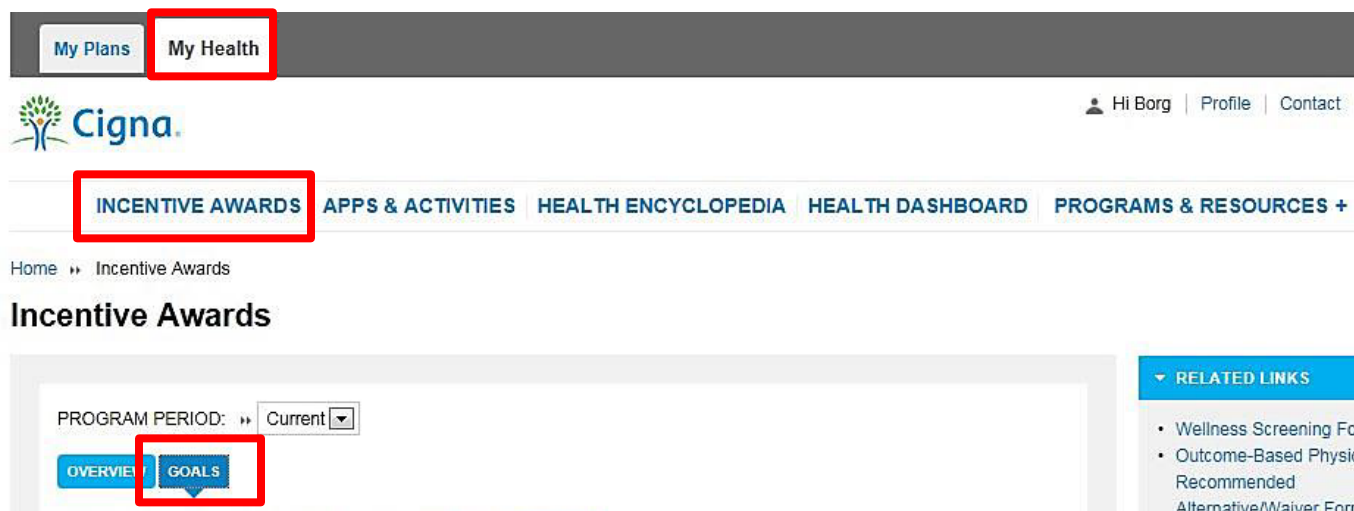


Completing the Tobacco Pledge Form for Monthly Premium Incentive (employees must be tobacco free for at least 12 months to be eligible to utilize pledge)

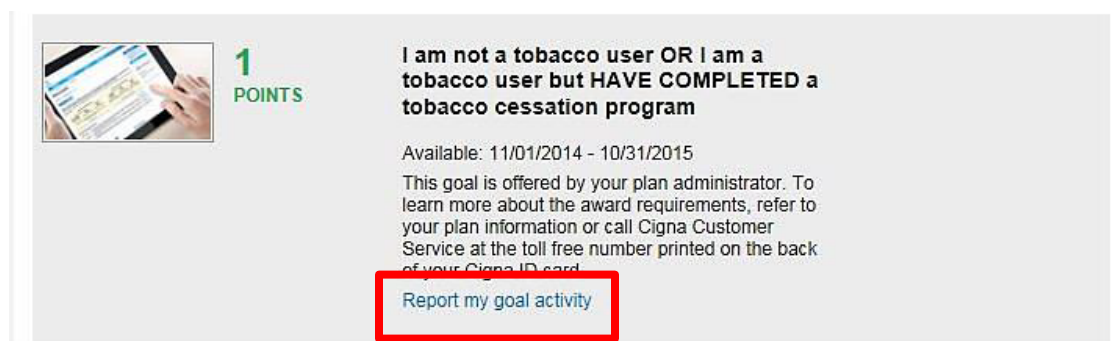
When you've logged into your mycigna.com site, click on the My Health tab in the upper left hand corner. Then click on "Incentive Awards". Once on the Incentive Awards page, click on "Goals".

NOTE: If you are a tobacco user (or have not been tobacco free for at least 12 months), you must participate in an approved tobacco coaching program to earn credit for this premium discount. To get started, call Cigna's Personal Health Team at (800)237-2904 or contact Ithaca's Onsite Wellness Clinic at (607)266-5016.



The screenshot shows the Cigna mycigna.com website interface. At the top, there are two tabs: "My Plans" and "My Health", with "My Health" highlighted. Below the tabs is the Cigna logo and a user profile section for "Hi Borg" with links for "Profile" and "Contact". A horizontal navigation bar contains several menu items: "INCENTIVE AWARDS", "APPS & ACTIVITIES", "HEALTH ENCYCLOPEDIA", "HEALTH DASHBOARD", and "PROGRAMS & RESOURCES +". Below this bar, a breadcrumb trail reads "Home >> Incentive Awards". The main heading is "Incentive Awards". Underneath, there is a "PROGRAM PERIOD:" dropdown menu set to "Current". Below the dropdown are two buttons: "OVERVIEW" and "GOALS", with "GOALS" highlighted. To the right, there is a "RELATED LINKS" section with a list of links: "Wellness Screening For", "Outcome-Based Physical Recommended Alternative/Waiver Form".

Scroll down the page until you come to the option that says "I am not a tobacco user OR I am a tobacco user but HAVE COMPLETED a tobacco cessation program". Click on "Report my Goal Activity." Enter today's date, mark the "I Agree" box, and click SUBMIT." Note: You should only complete this option if you have been tobacco free for 12 months. Tobacco users or those who have not been tobacco free for 12 months need to complete an approved tobacco coaching program to earn discount.



The screenshot shows a specific goal option on the Cigna website. On the left, there is an image of a hand holding a tablet displaying a graph, next to a green "1 POINTS" label. The main text of the goal reads: "I am not a tobacco user OR I am a tobacco user but HAVE COMPLETED a tobacco cessation program". Below this, it states "Available: 11/01/2014 - 10/31/2015" and provides instructions: "This goal is offered by your plan administrator. To learn more about the award requirements, refer to your plan information or call Cigna Customer Service at the toll free number printed on the back of your Cigna ID card." At the bottom of the goal card, there is a blue button labeled "Report my goal activity" which is highlighted with a red box.