



View All Premium Incentive Points Earned to Date

Your Incentive Awards Dashboard gives you an overview of the goals you have met and links you to Wellness Screening Forms or Physician Waiver Forms.

1. Once you log into your mycigna.com account, use the "Wellness" tab at the top of the page and select "Wellness & Incentive" to get to your Incentive Awards Dashboard.



- 2. You can view the total points you have earned on this page. To view points for yourself, click on the drop box next to 'Incentives earned for' and select 'Me' from the drop down.
- 3. Next select the 'Recently Completed' tab below Incentives Spotlight to view your points earned.

Wellness Total Wellness Starts Here	
Incentives earned for Me Points ③ Points out of 6	SPIQ
Incentives Spotlight* It may take up to 30 days for incentives to show as completed. Recommended Most popular Recently completed	Download and Submit Forms
1 Points earned Get a personalized health assessment	
Completed, 03/29/2022 If you're unable to meet a goal's objectives, you may still be able to earn the award by completing an alternate activity. Select a goal to see its alternate activities View all incentives 0	





Or, click on 'View All Incentives' to view detailed information on the points you have earned and available incentives. You will be taken to the 'Incentive Awards' page. From there, click on 'Available Incentives' to view different available actions to earn points, or click on 'Completed Incentives' to view points earned.

All Incentives	For Current Plan Year -	••••
Incentives earned for Sa	indv 💌	
Points		
1 Points out of 6		
		11
Incontinue for Con		
Incentives for Sand	dy 🗸	Download and Submit For
Incentives for Sand	v v	Download and Submit For
Available Incentives	Completed Incentives	Download and Submit For
Incentives for Sand Available Incentives It may take up to 30 days to a an alternate activity. Select a s	Completed Incentives neentives to show as completed. If you're unable to meet a goal's objective al to see its alternate activities.	Download and Submit For
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If you complete a biometric screening through your primary care provider, download/upload Wellness Screening or Waiver Forms by clicking 'Download and Submit Forms.' *

K Back to Wellness & Incentives		
All Incentives For Current	t Plan Year -	CioseX
		Download and Submit Forms
Incentives earned for Sandy 💌		Download a wellness screening form to bring to an upcoming appointment.
Points ③		Wellness Screening Form (PDF) Activity-Based Physician Recommended Alternative/Waiver Form (Form A) [PDF]
1 Points out of 6		Outcome-Based Physician Recommended Alternative/Waiver Form [PDF]
		Upload Completed Forms (7
Incentives for Sandy -	Download or submit Cigna Wellness Screen Form for Biometrics screening here	and Submit Forms
Available Incentives Completed Incentives		
It may take up to 30 days for incentives to show as complet	ted.	
Get a personalized health assessment	[1	
A confidential question raire that asks you about your	health and well-being and provides a personalized assessment of your Pe	ints
current health. As a reminder and to protect your priva and then log in with their own user ID and password.	acy, anyone taking the health assessment needs to register on myCigna,	
• Completed on March 20, 2022		
Completed on March 29, 2022		





4. To view activity for an enrolled spouse, go to 'View all Incentives' from the Wellness Tab. On the next page select their name from the 'Incentives Earned for' dropdown and select spouse name from Incentives drop down menus.

Incentives earned for Me 👻			
Points 🕐			
1 Points out of 6			
ncentives Spotlight*			
ncentives Spotlight* may take up to 30 days for incentiv	ves to show as completed.		
ncentives Spotlight* may take up to 30 days for incentive ecommended Most popular Reco	ves to show as completed.		Download and Submit Forms
ncentives Spotlight* may take up to 30 days for incentiv ecommended Most popular Reco	ves to show as completed. ently completed 1 Points	1 Points	Download and Submit Forms
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ncentives Spotlight* may take up to 30 days for incentive ecommended Most popular Reco Points Complete my annual physical preventive exam)	ves to show as completed. ently completed 1 Points Get my annual OB/GYN exam (preventive exam)	1 Points Get a mammogram (preventive exam)	Download and Submit Forms 1 Points Get a colon cancer screening (preventive exam)

Incentives earned for	r George Pat ▼	Select Spouse name from the drop down	
Available Incentives	orge Pat - Completed Incentives		Download and Submit Forms

<u>NOTE:</u> Only employees earn points; spouses do not earn points. 0 points will always show for spouse completed goals and 'There are no incentives available for this plan year.'





<u>REMINDER</u>: In order to waive the monthly spousal surcharge for the medical plan, enrolled spouses must complete the Cigna Online Health Assessment and a preventive medical exam annually by the September 30th deadline.

*Wellness Screening Form/Biometric points can take 5-7 business days to register on the MyCigna site. Also, keep in mind that it can take up to 5 business days to see credit for completion of the online Health Assessment. Preventive point(s) can take up to 30 days to register on the MyCigna site.

View All Premium Incentive Points Earned to Date – Mobile Instructions

Your Incentive Awards Dashboard gives you an overview of the goals you have met and also links you to Wellness Screening Forms or Physician Waiver Forms.

1. Once you log into your MyCigna Mobile app, from the home screen scroll down and select "Wellness & Incentive" to get to your Incentive Awards Dashboard.







 You can view the total points you have earned on this page. To view points for you, click on the drop box next to 'Incentives earned for' and select 'Me' from the drop down > select 'Recently Completed' to view your recent points.



Or, click on 'View All Incentives' to view detailed information on the points you have earned and to view your spouse's requirement completions. You will be taken to the 'Incentive Awards' page.

<	Wellness & Incentives
0 Hi	story
1 Po	bints earned
Get	a preventive dental exam
© <u>Co</u>	ompleted 01/30/2021
*lf you' may stil an alter alternat	re unable to meet a goal's objectives, you l be able to earn the award by completing nate activity. Select a goal to see its re activities.
View al	l incentives O
Tota	l Wellness
Let's wo wellnes	ork together to help you on your path to s.
∎= ID Cards	Q Find Care Messages Profile

2. Next, you will be taken to the 'Incentives' section with the Overview as the default page. The current amount of





points you have earned YTD will be reflected. Keep in mind that some points take over 30 days to be posted to your MyCigna account.



3. Selecting 'Goals' from the Incentives tabs will provide you with current categories that you can earn points toward, in addition to showing you which of the listed goals you have completed. You can access the Wellness Screening Form and take your health assessment from the 'Goals' section, as well.







4. By selecting and viewing the 'Recent Activity' from the Incentive tab, you may view the recent points you earned (check for a completion date).







5. To view activity for an enrolled spouse, go to 'Recent Activity' tab from the Incentive section. Click on the icon with the person on it and select their name from the drop down and click on done. This will show you the requirements completed by the spouse (check for a completion date checkmark – not a point awarded).

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erview	Goals	Recent Activity	Ov	erview	Goals	Recent Activi	ty
Clic view a	k here to activity for	8		ூ		8	· · ·
tivity for Sa	indy		Recent a	ctivity for Sar	ndy	Note: Employe continue to ap	e Name will opear here
			Get A	Personaliz	ed Health As	sessment	
Personali	zed Health As	sessment	Availat	ole: 10/01/202	0 - 09/30/2021		
le: 10/01/20	20 - 09/30/2021		O	ompleted 02/	12/2021 :		
ompleted 02	2/12/2021 :						
		Done					
		Done					
	Sandy	/					
	Georg	e					
		Select spouse nam from drop down	ne 💵	Q	G		
			ID Cards	Find Care		Messages Pro	file

<u>NOTE</u>: Only employees earn points; spouses do not earn points. 0 points will always show for spouse completed goals and 'There are no incentives available for this plan year.'

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