



For the employees of Duquesne University
and their dependents.

YOUR AWARD FOR HEALTHY BEHAVIOR

Your 2022-2023 Wellness in Motion Incentive Program



Good health is priceless. When you live a healthy lifestyle, you can feel better, live easier and save money on health care expenses. Duquesne University wants you and your family to be healthy and live healthy.

The Wellness in Motion Incentive Program gives you the opportunity to earn money for taking charge of your health. Just complete the program(s) described on the reverse side and you'll receive a contribution to your HRA or HSA - money you can use to pay for covered medical expenses that apply to your deductible and out-of-pocket maximum. When available, your funds can also be used at the pharmacy. Each activity has a specific value, and you can earn up to \$300 for Employee Only coverage or up to \$600 for Employee & Spouse coverage.

You can track your progress and monitor your account balance through **myCigna.com**, or you may contact customer service at the toll-free number on your Cigna ID card.

Once money is credited to your account, it's yours to spend during the plan year.

Always consult with your health care provider before beginning or changing your treatment plan or exercise routine.

Para obtener ayuda en español llame al número en su tarjeta de Cigna.

If you ever needed a reason to begin healthy habits, here it is.



Using your award money.

As awards are credited to your account, Cigna will use them to pay for covered medical expenses for you and your enrolled family members. No forms to file, no claims to submit. (Unless you visit non-participating providers and facilities.)



Rolling over your balance.

Any award money earned and remaining in your account at the end of your plan year will roll over to the next year.



Tracking your progress.

myCigna.com is the key to earning and tracking your awards. From this one secure location, you can learn about the programs available to you, track your balance and monitor your status.



Earn up to \$300 if you are enrolled with Cigna Employee Only coverage or up to \$600 for all other tiers.

Health Assessment and Biometric Screening

GOAL	DESCRIPTION	EMPLOYEE AWARD	SPOUSAL AWARD	TIMING
Get a personalized health assessment	Complete a confidential questionnaire that asks you about your health and well-being and provides a personalized assessment of your current health.	\$100	\$100	7/1/2022–6/30/2023
Get a personalized biometric screening	Know your numbers. Complete blood pressure, cholesterol, blood sugar and body mass index (BMI) screenings.	\$100	\$100	7/1/2022–6/30/2023

Coaching

GOAL	DESCRIPTION	EMPLOYEE AWARD	SPOUSAL AWARD	TIMING
Complete a Lifestyle Management Program – Online Coaching	Choose and complete a Cigna online health coaching program: Work Toward a Healthier Weight, Manage Your Stress or Quit Tobacco (one- or six-month program).	\$75	\$75	7/1/2022–6/30/2023
Participate in Online Health Coaching (My Health Assistant)	Choose and complete a Cigna online health coaching program: Improve Your Nutrition, Exercise for Better Health, Maintain a Positive Mood, Control Asthma, Manage Your Heart Disease/ Coronary Artery Disease, Manage Your COPD, Manage Your Diabetes or Managing Heart Failure.	\$75	\$75	7/1/2022–6/30/2023
Talk to a coach and set a health goal	Work with a trained health coach to identify a personal goal and create a focused strategy for reaching it.	\$50	\$50	7/1/2022–6/30/2023
Talk to a coach and overcome challenges	Get a fresh perspective on that frustrating fitness, diet or health goal you can't seem to reach.	\$75	\$75	7/1/2022–6/30/2023
Talk to a health coach and set a goal to overcome a chronic health problem	Work with a trained health coach to identify and work toward a personal goal related to a chronic health problem.	\$50	\$50	7/1/2022–6/30/2023
Talk to a health coach and achieve a goal to overcome a chronic health problem	Work with a trained health coach to identify and achieve a personal goal related to a chronic health problem.	\$75	\$75	7/1/2022–6/30/2023
Work with a case manager to coordinate your care	Work one-on-one with a case manager to understand your condition and get help with coordinating care and treatment options so you can focus on getting better. If you qualify, a case manager will contact you.	\$50	\$50	7/1/2022–6/30/2023
Work with a case manager to make progress toward your goals	Work one-on-one with a case manager to create a plan and make progress toward your goals. Provide your case manager with a progress update to earn your incentive. If you qualify, a case manager will contact you.	\$75	\$75	7/1/2022–6/30/2023

Maternity

GOAL	DESCRIPTION	EMPLOYEE AWARD	SPOUSAL AWARD	TIMING
Speak with a maternity nurse starting in your first trimester and after your baby is born	Get support and guidance during your first trimester and after your baby is born.	\$75	\$75	7/1/2022–6/30/2023
Speak with a maternity nurse starting in your second trimester and after your baby is born	Get support and guidance during your second trimester and after your baby is born.	\$100	\$100	7/1/2022–6/30/2023

Preventive Care

GOAL	DESCRIPTION	EMPLOYEE AWARD	SPOUSAL AWARD	TIMING
Complete your annual physical (preventive exam)	A preventive exam is used to reinforce good health and address potential and chronic problems.	\$100	\$100	7/1/2022–6/30/2023
Get your annual OB/GYN exam (preventive exam)	A preventive exam can identify early ovarian and cervical cancers, HPV (human papillomavirus), breast cancer, and more.	\$100	\$100	7/1/2022–6/30/2023
Get a flu shot	The flu is not just a nuisance; it can lead to more serious health issues. Help protect yourself and others around you.	\$75	\$75	7/1/2022–6/30/2023
Get a mammogram (preventive exam)	Up to 90% of breast cancers are found using mammogram tests.	\$100	\$100	7/1/2022–6/30/2023
Get a colon cancer screening (preventive exam)	Colon cancer can be treatable when detected early.	\$100	\$100	7/1/2022–6/30/2023
Get a prostate cancer screening (preventive exam)	A prostate screening can detect changes that lead to prostate cancer.	\$100	\$100	7/1/2022–6/30/2023
Update your immunizations	Applicable immunizations/vaccines include Tdap, Hib, HepB, HPV, meningitis, pneumonia, chickenpox, MMR and shingles.	\$75 each; 3 max	\$75 each; 3 max	7/1/2022–6/30/2023
Get an osteoporosis screening	If you or your doctor thinks you may be at risk for osteoporosis, your provider may recommend you have a screening test to check your bone thickness.	\$100	\$100	7/1/2022–6/30/2023
Complete your annual dental exam	A preventive dental exam is used to reinforce good health and address potential and chronic problems. To earn this award, complete an appointment with your dentist for a dental cleaning and preventive exam.	\$20 each; 2 per year	\$20 each; 2 per year	7/1/2022–6/30/2023
Complete your annual vision exam	Taking care of your eyes and protecting them against injury and infection are important steps to keeping your vision healthy.	\$20	\$20	7/1/2022–6/30/2023

Self-Directed Online Learning

GOAL	DESCRIPTION	EMPLOYEE AWARD	SPOUSAL AWARD	TIMING
myCigna education video or podcast	Listen to a podcast from the audio library on myCigna.com .	\$15	\$15	7/1/2022–6/30/2023

Medication Therapy Management (MTM; this program is only available to Cigna OAP participants)

GOAL	DESCRIPTION	EMPLOYEE AWARD	SPOUSAL AWARD	TIMING
Enroll in the onsite MTM program at DU	See DU's Center for Pharmacy Care for more information.	\$25	\$25	7/1/2022–6/30/2023
Complete the onsite MTM program at DU	See DU's Center for Pharmacy Care for more information.	\$50	\$50	7/1/2022–6/30/2023
Follow up with the onsite MTM program at DU	See DU's Center for Pharmacy Care for more information.	\$25	\$25	7/1/2022–6/30/2023

Center for Pharmacy Care Initiative Goals

GOAL	DESCRIPTION	EMPLOYEE AWARD	SPOUSAL AWARD	TIMING
Enroll in a Center for Pharmacy Care Initiative	See DU's Center for Pharmacy Care for more information.	\$25	\$25	7/1/2022–6/30/2023
Complete a Center for Pharmacy Care Initiative	See DU's Center for Pharmacy Care for more information.	\$25	\$25	7/1/2022–6/30/2023

Employee-Only Goals

GOAL	DESCRIPTION	EMPLOYEE AWARD	SPOUSAL AWARD	TIMING
Cigna/UPMC open enrollment lunch and learn	Participate in a Cigna/UPMC open enrollment lunch and learn.	\$25	N/A	7/1/2022–6/30/2023
Breast cancer walk participation	Participate in the breast cancer walk.	\$25	N/A	7/1/2022–6/30/2023
New hire orientation	Participate in your new hire orientation.	\$25	N/A	7/1/2022–6/30/2023
Retirement workshop	Participate in a retirement-planning workshop.	\$25	N/A	7/1/2022–6/30/2023
Benefits-sponsored lunch and learn	Participate in a benefits-sponsored lunch and learn.	\$25	N/A	7/1/2022–6/30/2023



For all participants – If you think you might be unable to meet a standard for an award under this wellness program, you might qualify for an opportunity to earn the same award by different means. Contact Cigna at 800.244.6224, and we will work with you and, if you wish, with your provider.

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 awards. For worksite accommodations, please contact your local HR administrator; for accommodations with online, phone or other Cigna programs, please contact Cigna at 800.244.6224.

The information provided in this document is for educational purposes only. It is not medical advice. Always consult with your doctor for appropriate examinations, treatment, testing and care recommendations.

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