

REWARDS ARE JUST A FEW CLICKS AWAY.

Access your **MotivateMe** Incentive Awards page on myCigna to get started.



Actions that help keep you healthy. Rewards that keep you motivated. An easy way to keep track of it all. That's what we call a win-win-win.

With myCigna, you can stay seamlessly connected to your MotivateMe[®] incentive program in the way that's most convenient for you – either at **myCigna.com** or via the myCigna[®] App.

From your MotivateMe Incentive Awards page, you can:

- › Review the total awards that can be earned
- › Track awards that have been earned
- › Complete the online health assessment, an easy way to earn rewards
- › Learn about the other activities where you can earn rewards
- › Redeem your earned rewards

Want to take your health assessment now?

- › Log in to **myCigna.com**
- › Click the “Wellness” tab
- › Select “Incentive Awards” in the navigation bar

Or download the **myCigna App now.***



Together, all the way.[®]



For all participants – if you think you might be unable to meet a standard for the reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Cigna at the number on your Cigna ID card and we 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 work-site accommodations, please contact your human resources manager or Benefits Administrator. For accommodations with online, phone or other Cigna programs, please contact Cigna at the number on your Cigna ID card.

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