



IT PAYS TO GET HEALTHY

MotivateME rewards your healthy actions

Your employer wants to help you get healthy and stay healthy. So when you get involved in wellness goals sponsored by your company, you can easily earn rewards,* including money. And the more you do, the more you earn.

You can earn rewards for participating in a variety of activities, including:

- Health assessment
- Annual preventive exams
- Cigna Healthy Pregnancies, Healthy Babies®
- And a variety of other healthy activities

Getting started is easy

Visit **myCigna.com** and select “Wellness” or “View my incentives” to:

- Find detailed instructions on how to get started
- View a list of eligible goals and matching rewards
- Check and track your completed goals and earned rewards.

Reasonable alternatives may be available for certain activities. Please refer to program materials for more information.

The rest is up to you

For more information or help setting up your account, visit **myCigna.com** or call **888.806.5042**. You can also find information by downloading the myCigna Mobile App for your mobile device.**

*Incentive awards may be subject to tax; you are responsible for any applicable taxes. Please consult with your personal tax advisor for assistance.

**The downloading and use of the myCigna Mobile App is subject to the terms and conditions of the App and the online stores from which it is downloaded. Standard mobile phone carrier and data usage charges apply.

continued on the next page



If you are eligible for an incentive as part of your Employer wellness program: 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. Please refer to your Employer's program materials for program and contact information, or contact Cigna at 855.246.1873 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 worksite accommodations please contact your Employer at Laurin_Armendi@miltoncat.com. For accommodations with online, phone or other Cigna programs, please contact Cigna at 855.246.1873.

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