



MotivateMe®

GET PAID  
TO GET HEALTHY

**University of Richmond**

Your MotivateMe® Rewards Campaign will run from January 1, 2021 - December 31, 2021 unless otherwise noted

\* First - you will need to register on Cigna's website at [www.myCigna.com](http://www.myCigna.com). Note: You do not need to be enrolled in University of Richmond's medical plan to participate. If you are a full-time, benefit-eligible employee, you will still be able to participate in the wellness programs.

Category	Description	Gift Card \$ Earned	
		Cigna Enrolled Employees	Non-Cigna Enrolled Employees
Health Assessment <b>Required before you are eligible to earn any of the dollars listed below.</b>	Complete the health assessment located at <a href="http://myCigna.com">myCigna.com</a> . You must complete the Health Assessment before any other initiatives can be rewarded. <i>(Cigna will look back to October 1, 2020 to give you credit)</i>	Required	Required

The completion of the programs listed below will be verified through Cigna and your rewards will be reflected on the myCigna.com website. Must be completed between January 1st - December 31st, 2021 in order to receive credit. You will not have to obtain any forms or provide proof of completion.

Annual Preventive Exam for Cigna Members	Complete one of the following annual preventive services through the health plan. (Cigna will award you points once your claim has been processed) > Annual Physical Exam > OB/GYN Well Woman Exam > Cervical Cancer Screening Exam > PSA/Prostate Screening Exam > Preventive Mammogram Exam > Preventive Colon Cancer Screening Exam	\$25	N/A Listed separately as a self-reported item below
Take part in Telephonic Coaching to work on a chronic condition	Make progress toward a goal to overcome a health problem by working with a Cigna coach, Call 855-246-1873 to enroll	\$25 (cap of 1)	N/A
Cigna Diabetes Prevention Program - Omada - <b>NEW</b>	More than 1 out of 3 people are at risk for diabetes. Are you? This online program, available through Cigna, in collaboration with Omada, helps you make lifestyle changes that can reduce risks and prevent diabetes. Get started now. To see if you are eligible, please visit <a href="http://www.omadahealth.com/universityofrichmond">www.omadahealth.com/universityofrichmond</a> . <i>(Cigna will look back to March 1, 2020 to give you credit)</i>	\$25 (cap of 1)	N/A
Take part in Telephonic Coaching to work on Stress Management, Weight Management and Tobacco Cessation	Talk to a Cigna Coach to help you with Quitting Tobacco, Working toward a Healthier Weight and/or Managing Stress	\$25 (cap of 1 per program, max of \$75)	\$25 (cap of 1 per program, max of \$75)
Online Coaching Program	Complete any of the online coaching programs that are available through <a href="http://myCigna.com">myCigna.com</a> . They include: Improve your Nutrition / Exercise for Better Health / Maintain a Positive Mood / Work Towards a Healthier Weight / Manage your Stress / Quit Tobacco – One Month Program / Control your Asthma / Manage your Coronary Artery Disease (CAD) / Manage your Chronic Obstructive Pulmonary Disease (COPD) / Manage your Diabetes / Managing Heart Failure	\$10 (cap of 2 max of \$20)	\$10 (cap of 2 max of \$20) <i>Non-enrolled members are Only eligible for programs in blue</i>
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.	\$10 (cap of 2 max of \$20)	N/A

5/18/21

Category	Description	Gift Card \$ Earned	
		Cigna Enrolled Employees	Non-Cigna Enrolled Employees
Annual Preventive Exam for Non-Medical Population	<p>All Preventive Care goals for the non-medical population will be self-reported. You will have the opportunity to report under two separate categories.</p> <p>#1*) Self-report that you have had you Annual Physical Preventive Exam.</p> <p>#2*) Self-report that you have had one of the following age/gender appropriate preventive exams:</p> <ul style="list-style-type: none"> <li>&gt; OB/GYN Well Woman Exam</li> <li>&gt; Cervical Cancer Screening Exam</li> <li>&gt; PSA/Prostate Screening Exam</li> <li>&gt; Preventive Mammogram Exam</li> <li>&gt; Preventive Colon Cancer Screening Exam</li> </ul>	N/A	<p>Self Report on myCigna.com</p> <p>\$25 for #1*</p> <p>\$25 for #2*</p>

Participate in one of the 8 dimensions of health and self report items on myCigna.com 1.1.2021 - 12.31.2021  
Each category is capped at 1 entry per year

Physical	Dimensions of Wellness - Physical Goal	\$10 (cap of 1)	\$10 (cap of 1)
Intellectual	Dimensions of Wellness - Intellectual Goal	\$10 (cap of 1)	\$10 (cap of 1)
Financial	Dimensions of Wellness - Financial Goal	\$10 (cap of 1)	\$10 (cap of 1)
Occupational	Dimensions of Wellness - Occupational Goal	\$10 (cap of 1)	\$10 (cap of 1)
Emotional	Dimensions of Wellness - Emotional Goal	\$10 (cap of 1)	\$10 (cap of 1)
Social, Spiritual & Environmental	Dimensions of Wellness - Social, Spiritual & Environmental	\$10 (cap of 1)	\$10 (cap of 1)
COVID-19 Vaccine - <b>NEW</b> retro back to 1/1/21 - Received complete COVID 19 Vaccine (1 or 2 doses based on manufacturer)	Offered by your plan administrator. For award requirements, refer to your plan information or call Cigna Customer Service at the number on the back of your ID card.	\$10 (cap of 1)	\$10 (cap of 1)
<b>The Maximum Dollars an Employee is Eligible to Earn Annually =</b>		<b>\$120</b>	<b>\$120</b>

Healthy Pregnancies Healthy Babies Program offered as well but, it is independent from the above. \$250 for 1st trimester, \$125 for 2nd trimester enrollment.

## It's Easy to Start



If you have questions contact Cigna at 1-800-Cigna24.

1. Log on to [myCigna.com](https://mycigna.com)
2. Click on "Wellness"
3. Click on "Wellness & Incentives"
4. Click on "View all Incentives"
5. Click on "OVERVIEW" to look at all Incentives
6. Click on "GOALS" to view all goals available
7. Click on "Redeem your dollars" to redeem gift cards