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. 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.

<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
<th>Gift Card $ Earned</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Cigna Enrolled Employees</td>
<td>Non-Cigna Enrolled Employees</td>
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<tr>
<td>Health Assessment</td>
<td>Required before you are eligible to earn any of the dollars listed below.</td>
<td>Required</td>
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<tr>
<td></td>
<td>Complete the health assessment located at myCigna.com. You must complete the Health Assessment before any other initiatives can be rewarded. (Cigna will look back to October 1, 2020 to give you credit)</td>
<td>Required</td>
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<tr>
<td></td>
<td>Cigna Enrolled Employees</td>
<td>Non-Cigna Enrolled Employees</td>
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<tr>
<td>Annual Preventive Exam for Cigna Members</td>
<td>Complete one of the following annual preventive services through the health plan. (Cigna will award you points once your claim has been processed) &gt; Annual Physical Exam &gt; OB/GYN Well Woman Exam &gt; Cervical Cancer Screening Exam &gt; PSA/Prostate Screening Exam &gt; Preventive Mammogram Exam &gt; Preventive Colon Cancer Screening Exam</td>
<td>$25</td>
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<td></td>
<td>Take part in Telephonic Coaching to work on a chronic condition</td>
<td>$25</td>
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<td></td>
<td>Make progress toward a goal to overcome a health problem by working with a Cigna coach, Call 855-246-1873 to enroll</td>
<td>$25 (cap of 1)</td>
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<td>Cigna Diabetes Prevention Program - Omada - NEW</td>
<td>$25 (cap of 1)</td>
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<td></td>
<td>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> (Cigna will look back to March 1, 2020 to give you credit)</td>
<td>$25</td>
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<td>Take part in Telephonic Coaching to work on Stress Management, Weight Management and Tobacco Cessation</td>
<td>$25</td>
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<td>Talk to a Cigna Coach to help you with Quitting Tobacco, Working toward a Healthier Weight and/or Managing Stress</td>
<td>$25 (cap of 1 per program, max of $75)</td>
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<td>Online Coaching Program</td>
<td>$10 (cap of 2 max of $20)</td>
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<td>Complete any of the online coaching programs that are available through myCigna.com. 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</td>
<td>$10 (cap of 2 max of $20)</td>
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<td>Work with a Case Manager to Coordinate your care</td>
<td>$10 (cap of 2 max of $20)</td>
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<td>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.</td>
<td>$10 (cap of 2 max of $20)</td>
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Annual Preventive Exam for Non-Medical Population
All Preventive Care goals for the non-medical population will be self-reported. You will have the opportunity to report under two separate categories.

1. Self-report that you have had you Annual Physical Preventive Exam.
2. Self-report that you have had one of the following age/gender appropriate preventive exams:
   - OB/GYN Well Woman Exam
   - Cervical Cancer Screening Exam
   - PSA/Prostate Screening Exam
   - Preventive Mammogram Exam
   - Preventive Colon Cancer Screening Exam

N/A
Self Report on myCigna.com
$25 for #1*
$25 for #2*

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)

Intellectual
Dimensions of Wellness - Intellectual Goal
$10 (cap of 1)

Financial
Dimensions of Wellness - Financial Goal
$10 (cap of 1)

Occupational
Dimensions of Wellness - Occupational Goal
$10 (cap of 1)

Emotional
Dimensions of Wellness - Emotional Goal
$10 (cap of 1)

Social, Spiritual & Environmental
Dimensions of Wellness - Social, Spiritual & Environmental
$10 (cap of 1)

COVID-19 Vaccine - NEW 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)

The Maximum Dollars an Employee is Eligible to Earn Annually = $120

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

1. Log on to 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

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