2022 MotivateMe Incentive Opportunities: Dimensions of Wellness

This is an overview of programs that can be self-reported to earn MotivateMe incentives for the Dimensions of Wellness categories. Each of the following categories is capped at 1 activity ($10), for a total possible incentive of $120. (Please note, the dates and times of the events listed below are subject to change.)

- Dimensions of Wellness – Physical Goal
- Dimensions of Wellness – Intellectual Goal
- Dimensions of Wellness – Financial Goal
- Dimensions of Wellness – Occupational Goal
- Dimensions of Wellness – Emotional Goal
- Dimensions of Wellness – Social, Spiritual & Environmental Goal

For a list of all possible MotivateMe incentive opportunities, log on to mycigna.com. You can also view a summary here.

Throughout the year

**Personal Training Sessions**

Physical Dimension
As scheduled.

**Participate in 30 minutes of physical activity**

Physical Dimension

**Massage Therapy Sessions**

Emotional Dimension
As scheduled.

**Mindful Mondays**

Emotional or Spiritual Dimension
Wilton Center: Interfaith Prayer Room: Mondays from 12-1pm

**Employee Assistance Program (EAP) Webinars**

Intellectual Dimension
The EAP offers multiple webinars on wellness topics every month. Access all webinars (including past webinars on demand) at www.Cigna.com/EAPWebcasts.
**TIAA Financial Webinars**

Financial Dimension

TIAA offers multiple webinars on financial topics every month. Access all webinars (including past webinars on demand) at [www.TIAA.org/webinars](http://www.TIAA.org/webinars).

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**Cigna Behavioral Health Seminars**

Emotional or Intellectual Dimension

Behavioral health education seminars are open to all employees and anyone in their families through Cigna. These seminars are free and you don't have to register, although you can sign up to be reminded of upcoming seminars. Offered monthly, different seminars cover various topics under one of the following four categories:

- Autism
- Substance Use Disorder
- Mental Health
- Eating Disorders

Find all seminars at [https://www.cigna.com/individuals-families/health-wellness/](https://www.cigna.com/individuals-families/health-wellness/)

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**January 2022**

**Lunch and Learns at the Demo Kitchen**

Intellectual Dimension

Thursdays in January | 12-1 pm

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**February 2021**

**Lunch and Learns at the Demo Kitchen**

Intellectual Dimension

Thursdays in January | 12-1 pm

**Black Health and Well-Being Expo**

Occupational Dimension

February 23 | 2:30-5:30 pm

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**March 2021**

**Lunch and Learns at the Demo Kitchen**

Intellectual Dimension

Thursdays in January | 12-1 pm
La Colombe Coffee Representative Visit  
**Social Dimension**  
March 18 | 9-11 am

**April 2021**

Lunch and Learns at the Demo Kitchen  
**Intellectual Dimension**  
Thursdays in January | 12-1pm

**May 2022**

Lunch and Learns at the Demo Kitchen  
**Intellectual Dimension**  
Thursdays in January | 12-1 pm

Renewing With Resources: Mental Health Resources  
**Intellectual, Emotional, or Occupational Dimension**  
May 14 | 9 – 10 am

SummUR Sounds  
**Social Dimension**  
May 19 | 3 - 5:30 pm

**June 2022**

SummUR Sounds  
**Social Dimension**  
June 16 | 3 - 5:30 pm  
Thursday July, 21 from 3 - 5:30pm - No BS! Brass – Registration Opening Soon

Anthem Corporate 5K Training Program  
**Physical or Social Dimension**

Anthem Corporate 5K  
**Physical and Social Dimensions**  
June 9 | 7 pm
July 2022

URWELL Employee Navigating Your Child's Teen Years: Renewing With Resources
Intellectual or Emotional Dimensions
July 13 | 12-1 pm

SummUR Sounds
Social Dimension
July 21 | 3 - 5:30 pm

August 2022

Virginia Credit Union: Building a Better Budget
Financial Dimension
August 4 | 12-1 pm

CIGNA Webinars
Emotional and Intellectual Dimensions

Eating Disorders: Anorexia Nervosa through a Developmental Lens
   o August 23 | 1-2 pm

Substance Use: Communicating with Your Loved Ones
   o August 17 | 1-2 pm

Children and Families: Brain Based Interventions for Attachment and Developmental Trauma
   o August 18 | 1-2 pm

September 2022 – December 2022

Open Enrollment Information Sessions
Occupational, Intellectual or Financial Dimension
October

Benefits Fairs
Occupational, Intellectual, or Financial Dimensions
November 7, 9, 11 | 9 am – 4 pm