



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.

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/>

January 2022

Lunch and Learns at the Demo Kitchen

Intellectual Dimension

Thursdays in January | 12-1 pm

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

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

- August 23 | 1-2 pm

Substance Use: Communicating with Your Loved Ones

- August 17 | 1-2 pm

Children and Families: Brain Based Interventions for Attachment and Developmental Trauma

- 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