



2021 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.

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/>

Participate in 30 minutes of physical activity

Physical Dimension

Massage Therapy Sessions

Emotional Dimension

Will return in the Green Stage of the Physical Distancing Framework.

January 2021

Care@Work by Care.com Benefits Webinar

Occupational Dimension

January 13 | 12-1 pm

Virtual Baby Shower

Social Dimension

January 22 | 12-3 pm

February 2021

Care@Work by Care.com Benefits Webinar

Occupational Dimension

January 13 | 12-1 pm

URWELL Employee Emotional Wellness Series: Blueprint for Emotional Wellness

Emotional Dimension

February 24 | 12-1 pm



March 2021

URWELL Employee Emotional Wellness Series: Change & Challenges – Developing Your Personal Resilience

Emotional Dimension

March 17 | 12-1 pm

URWELL Employee Virtual Trivia

Social Dimension

March 19 | 12-1 pm

April 2021

URWELL Employee Emotional Wellness Series: Embracing Optimism

Emotional Dimension

April 14 | 12-1 pm