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.

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.
January 2021

**Care@Work by Care.com Benefits Webinar**

**Occupational Dimension**
January 13 | 12-1 pm
*Registration required*

**Virtual Baby Shower**

**Social Dimension**
January 22 | 12-3 pm
*Registration required*