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/](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