

LET'S GET MOTIVATED, WATERBURY!

2021-2022 WELLNESS INCENTIVE PLAN



A FEW SMALL STEPS WILL EARN YOU INCENTIVES AND KEEP YOU ON A HEALTHY PATH.

READY TO REACH YOUR HEALTH GOALS? WE'RE READY TO HELP.



Staying healthy and getting rewarded just got easier! Introducing the City of Waterbury's **Wellness Program**, administered by Cigna. By taking a few healthy actions you have a chance to earn incentives. The program will run from **9/1/2021 through 8/31/2022**.

Who Can Participate

All active Cigna Health Plan enrolled employees & their spouses.

Getting Started Is Simple

Access the City of Waterbury **Wellness Program** anytime during the Plan Year by logging in to your myCigna.com account and clicking on the Wellness Tab. From there, select "Wellness and Incentives" from the drop-down menu.

Then start earning in three easy steps.

STEP 1: Complete your start-up goal with the online health assessment

You must complete this goal before you proceed to the other incentive goals. Its quick, easy and confidential.

STEP 2: Choose your goals

After you've completed your online health assessment, choose which health goals are most important to you on your health journey.

STEP 3: Earn Wellness Incentive

Each goal is an opportunity to make healthier daily choices while earning wellness incentives. Once a goal is reached and displays on your myCigna wellness tab, click the link to redeem. The more goals you complete, the more incentives you earn.



GOALS

VALUE

DISPLAYED ON
MYCIGNA.COM*

START-UP GOAL—Required before you can begin earning incentives.

Health Assessment - This simple assessment takes just 15 minutes to complete, and provides you with valuable information about your health.

\$0

Within
5-10 days

INCENTIVE GOALS

Biometric Screening - Knowing your four health numbers—blood pressure, blood glucose, cholesterol and body mass index - can help lower your health risks.

\$50

Within
14-59 days

Preventive Care Screenings - Choose an annual physical with your primary care provider, routine mammogram and/or colon cancer screening

\$100 each
(\$200 max)

Within
35-41 days

Case Management (if applicable)- Case Managers are available @ Cigna to help you understand your condition and provide help with coordinating care and treatment options.

\$100

Within the plan
year

Health Coach - Schedule a visit with The City of Waterbury's on-site Cigna Coach who will help you achieve your personal health goals.

Coach
Incentives

In person

DEADLINE TO COMPLETE YOUR GOALS IS 8/31/2022.

* Once you complete your goals, it takes time for your data to be received, processed and displayed on myCigna.com The number of days listed provides some general guidelines for reference.

** The wellness incentives are a VISA/MC and are not redeemable for cash and not replaceable.



**GET STARTED
TODAY**

Visit myCigna.com to complete your online health assessment. You'll achieve your first goal and be on your way to earning your health incentives.



FAQ

Q: I completed one of the goals. How do I get my wellness incentive?

A: Once the claim has been received and processed with Cigna, it will appear on your myCigna account. You can then redeem your wellness incentive.

Q: Can I go for a mammogram and colon cancer screening to earn a wellness incentive?

A: Yes you can! There is an incentive maximum for Preventive Care which includes your annual physical. You can go for all 3, but the maximum on the wellness incentive is listed in the brochure.

Q: Can my spouse earn the same wellness incentives?

A: Yes, we encourage your spouse to also participate. Have your spouse register on myCigna.com to begin achieving their health goals and earn wellness incentives too.

