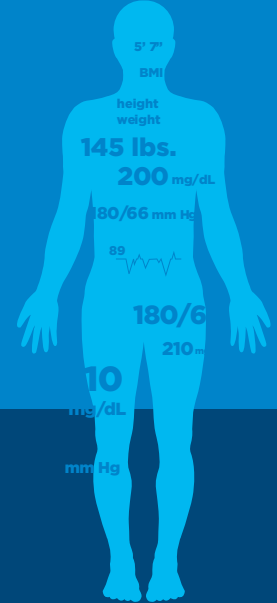




MAKE A HEALTHY MOVE



You can earn rewards for taking healthy steps.

Together, all the way.®



We care about your family's health so we're providing rewards for you and your spouse* to take that first healthy step. Complete all three steps and earn up to \$100 per person.

Complete the steps below between September 1, 2018 through August 31, 2019.

1 Get an onsite biometric screening. \$50

This quick and easy onsite screening measures your blood pressure, glucose level, cholesterol and body mass index (BMI). You will be notified when dates and times for onsite appointments are available; registration is required by you and your spouse.

You can also go to a designated lab if that is more convenient. The City pays in full for this screening, which is available to all benefit eligible employees and spouses.

2 Complete your health assessment at myCigna.com.* \$25

This confidential, online questionnaire takes just a few minutes to complete. You'll need the numbers from your latest biometric screening results or annual exam. Following the assessment, recommendations for improving your health will be provided.



Questions?

Contact Pension & Benefits Office at **203.574.6844**.

3 Get an annual check-up or OB/GYN exam.* \$25

Seeing your primary care provider (PCP) every year is an important step to staying healthy. Your medical plan covers preventive exams at 100% when you use an in-network provider.** However, if you see your PCP because you have been diagnosed with a condition that is not a preventive exam, and the visit will be subject to a deductible.

Don't have a PCP? Find an in-network provider at **myCigna.com** > Find a Doctor, Dentist or Facility.



Completely confidential

Your personal health information is never shared with your employer.



* You/your spouse must have City-provided coverage through Cigna to be eligible for this reward. Incentive rewards may be considered taxable income. Please contact your tax advisor for details.

** Includes eligible in-network preventive care services. Some preventive care services may not be covered, including some immunizations for travel. Reference plan documents for a list of covered and non-covered preventive care services.

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