



Human Resources



MotivateMe[®]

GET PAID
TO GET HEALTHY

University of Richmond

Your MotivateMe rewards campaign will run from January 1, 2024 - December 31, 2024 unless otherwise noted

- * Before earning any rewards, you will need to register on Cigna's website at www.mycigna.com and complete the Health Assessment
- * All full-time, benefit-eligible employees (not dependents) are eligible to participate in this program. You do not need to be enrolled in UR's medical plan to participate.
- * Employees are eligible to earn up to \$200 in rewards annually. If you see additional dollars listed in the portal it could be Healthy Pregnancy Healthy Babies dollars.
- * Call 800.Cigna24 for questions!

Category	Description	Gift Card \$ Earned	
		Employees who are participating in Cigna	Employees who are not participating in Cigna
Health Assessment Required before you are eligible to earn any of the dollars listed below.	Complete the health assessment located at mycigna.com . You must complete the Health Assessment before any other initiatives can be rewarded.	Required	Required

The completion of the programs listed below will be verified through Cigna and your rewards will be reflected on the mycigna.com website. Must be completed between January 1st - December 31st, 2024 in order to receive credit. You will not have to obtain any forms or provide proof of completion.

Annual Preventive Exam for Cigna Members	Complete one of the following annual preventive services through the health plan. (Cigna will award you points once your claim has been processed) - Annual Physical Exam - OB/GYN Well Woman Exam - Cervical Cancer Screening Exam - PSA/Prostate Screening Exam - Preventive Mammogram Exam - Preventive Colon Cancer Screening Exam	\$50 (cap of 2, max of \$100)	N/A Listed separately as a self-reported item below
Take part in Telephonic Coaching to work on a chronic condition	Make progress toward a goal to overcome a health problem by working with a Cigna coach. Call 855-246-1873 to enroll	\$25 (cap of 1)	N/A
Cigna Diabetes Prevention Program - Omada	More than 1 out of 3 people are at risk for diabetes. Are you? This online program, available through Cigna, in collaboration with Omada, helps you make lifestyle changes that can reduce risks and prevent diabetes. Get started now. To see if you are eligible, please visit - www.omadahealth.com/universityofrichmond	\$50 (cap of 1)	N/A
NEW Cigna Care Network	Receive care from your Cigna Care designated doctor. Visit the provider directory on myCigna to choose an in-network doctor with the Cigna Care Designation (CCD). Explore the CCD doctors.	\$50 (cap of 1)	N/A
NEW Cigna Center of Excellence	Find a hospital designated for Orthopedic Back, knee, hip replacement surgery, cardiac surgery, childbirth, outpatient fertility treatment and transplants. Use Cigna's LifeSOURCEtransplant Network [®] to find a LifeSOURCEProgram of Excellence or go to directory to find facilities	\$50 (cap of 1)	N/A
Take part in Telephonic Coaching to work on Stress Management, Weight Management and Tobacco Cessation	Talk to a Cigna Coach to help you with Quitting <u>Tobacco</u> , Working toward a Healthier <u>Weight</u> and/or Managing <u>Stress</u> Call 855-246-1873 to enroll	\$25 (cap of 1 per program, max of \$75)	N/A
Online Coaching Program	Complete any of the online coaching programs that are available through mycigna.com . Call 855-246-1873 to enroll They include: <u>Balance Your Diet / Enjoy Exercise / Cope with the Blues / Lose Weight / Keep Stress in Check / Quit Tobacco - 28 Day Program / Control your Asthma / Manage your Coronary Artery Disease (CAD) / Manage your Chronic Obstructive Pulmonary Disease (COPD) / Manage your Diabetes / Managing Heart Failure</u>	\$10 (cap of 2 max of \$20)	\$10 (cap of 2 max of \$20) <i>Employees who are not participating in Cigna are only eligible for the programs in blue</i>

Category	Description	Gift Card \$ Earned	
		Employees who are participating in Cigna	Employees who are not participating in Cigna
Flu Vaccine	Get a preventive flu vaccine (Cigna will award you once your claim has been processed) and employees who are not participating in Cigna will need to self-report the goal.	\$25 (cap of 1)	Self Report on myCigna.com \$25 (cap of 1)
Work with a Case Manager Care Coordination	Work one-on-one with a Case Manager to understand your condition and get help with coordinating care and treatment options, so you can focus on getting better. If you qualify, a Case Manager will contact you.	\$25 (cap of 1)	N/A

**The completion of the programs below are self-reported.
Once on the website, you will enter the information requested to verify your participation.**

Annual Preventive Exam for <u>Employees not participating in Cigna</u>	All Preventive Care goals for the non-medical population will be self-reported. You will have the opportunity to report under two separate categories. #1*) Self-report that you have had your Annual Physical Preventive Exam. #2*) Self-report that you have had one of the following age/gender appropriate preventive exams: - OB/GYN Well Woman Exam - Cervical Cancer Screening Exam - PSA/Prostate Screening Exam - Preventive Mammogram Exam - Preventive Colon Cancer Screening Exam	N/A	Self Report on myCigna.com \$50 for #1* \$50 for #2*
Receive your COVID-19 vaccine or booster	Offered by your plan administrator. For award requirements, refer to your plan information or call Cigna Customer Service at the number on the back of your ID card.	\$10 (cap of 1)	\$10 (cap of 1)
NEW Preventive Dental - Complete a preventive dental exam for <u>Medical & Non Medical Population</u>	A preventive dental exam is used to reinforce good health and address potential problems. To complete this goal, schedule an appointment with your dentist for a dental cleaning and preventive exam.	Self Report on myCigna.com \$25 (cap of 1)	Self Report on myCigna.com \$25 (cap of 1)

**PARTICIPATE IN ONE OF THE 8 DIMENSIONS OF WELLNESS AND SELF REPORT ITEMS ON MYCIGNA.COM 1.1.2024 - 12.31.2024
EACH CATEGORY IS CAPPED AT 1 ENTRY PER YEAR**

Physical	Dimensions of Wellness - Physical Goal	\$10 (cap of 1)	\$10 (cap of 1)
Intellectual	Dimensions of Wellness - Intellectual Goal	\$10 (cap of 1)	\$10 (cap of 1)
Financial	Dimensions of Wellness - Financial Goal	\$10 (cap of 1)	\$10 (cap of 1)
Occupational	Dimensions of Wellness - Occupational Goal	\$10 (cap of 1)	\$10 (cap of 1)
Emotional	Dimensions of Wellness - Emotional Goal	\$10 (cap of 1)	\$10 (cap of 1)
Social, Spiritual & Environmental	Dimensions of Wellness - Social, Spiritual & Environmental	\$10 (cap of 1)	\$10 (cap of 1)

The Maximum Dollars an Employee is Eligible to Earn Annually = \$200 max employee \$200 max employee

Healthy Pregnancy Healthy Babies (HPHB) Program is offered as well but it is independent from the above.
\$250 for 1st trimester, \$125 for 2nd trimester enrollment.

**Please note – you may see a maximum incentive amount of \$450 listed on myCigna.com.
That is referring to the combined limits for the \$200 for MotivateMe and \$250 for the HPHB program.**

It's Easy to Start



If you have questions contact Cigna at 1-800-Cigna24.

1. Log on to myCigna.com
2. Click on "Wellness"
3. Click on "Wellness & Incentives"
4. Click on "View all Incentives"
5. Click on "Redeem Awards" link which will take you to the page to redeem your gift card.



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