



Beatitudes Campus Wellness Program  
2015-2016 MotivateMe Cigna Program  
Instructions on Redeeming Your Gift Cards!



# TAKE CARE. GET REWARDED.

Get rewarded for the healthy actions you take.  
The more you do, the more you earn.



HEALTHY YOU. HAPPY WALLET.  
Cigna MotivateMe Program®

Together, all the way.™



MotivateMe is an incentive program that helps you change unhealthy behaviors and rewards you for it. And that's important, because taking healthy actions will help reduce your risk of illness, disease and costly medical treatment. With MotivateMe, you'll work toward achieving real results that mean a real, healthy change for you.

Take care with things like a health assessment or biometric screening and you may earn awards,\* such as lower plan premiums or deposits into your health fund account or paycheck. The more you do, the more you earn. Of course, the best reward is your good health.

### A uniquely personalized experience

Anyone who's ever tried to undo a bad habit or maintain a new, healthy one knows how hard it can be. It takes time, determination and, sometimes, your own personal cheering section.

To help make it easy, our health coaches and customer service representatives will be there to support you throughout – online or by phone. We'll remind you about which health and wellness activities and programs you're eligible for, suggest helpful online resources like our MotivateMe incentive page, and encourage you – from start to finish.

### I'm ready. How do I start?

Visit **myCigna.com** > Incentive Awards Program

There, you'll find:

- A list of available healthy actions and goals
- Details on how to get started
- Instructions on how to earn and redeem your rewards



**You can also view your incentives information by downloading the myCigna Mobile App.\*\***

\*Incentive awards may be subject to tax, you are responsible for any applicable taxes. Please consult with your personal tax advisor for assistance.

