

Earn up to $700 per year!

Wellness Rewards

It's easy to earn rewards by making healthy decisions. Choose your healthy activities and watch your rewards add up. The more you do, the more you'll earn—up to $700 in Wellness Rewards.

Complete actions to help you earn*:	Complete the Health Assessment	Gatekeeper- complete to unlock rewards
	Complete a biometric screening	$50
	Annual physical or well-woman visit	$200

*Go to your **myCigna®** Wellness Experience for a complete list of all actions to earn rewards

Participate in additional healthy activities throughout the year to earn points and watch your additional Wellness Rewards add up.

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	**Wellness Rewards earned by completing each level**
Points	7,000	25,000	40,000	60,000	
Rewards	$40	$60	$70	$80	$250

If you think you might be unable to meet a standard for a reward under this wellness experience, you might qualify for an opportunity to earn the same reward by different means. Log in to **myCigna** to request a Cigna Healthcare representative to work with you, and if you wish, with your doctor.

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Ways to earn:

Go to your **myCigna** ® Wellness Experience for a complete list of activities to earn rewards.

	Do healthy things:	Earn points:
Getting started	Complete registration	100
	Add profile picture	100
	Add 5 friends	250
	Set a well-being goal	200
	Complete the Nicotine Free Agreement	100
Daily	Take 1,000 steps in a day	10
	Do your Daily Cards (2 per day)	20
	Track your Healthy Habits (3 per day)	10
	Track sleep nightly	20
	Sleep > 7 hours in a night	50
	Complete a step in Journeys®	20
Monthly	Win the promoted Healthy Habit challenge	200
	Complete 20 Daily Cards in a month	200
	Track Healthy Habits 20 days in a month	300
	Track sleep 10 days in a month	100
	20-Day Triple Tracker: 10,000 steps/30 active minutes/30 workout minutes	500
	Join the Challenge	100
	Complete a Journey	150
Quarterly	Set your interests	100

Scan the QR code to visit **myCigna.com** to log in or get started today!

Who's eligible?

Employees on the Cigna Healthcare medical plan eligible to participate in the Wellness Experience and earn rewards.

All Cigna Healthcare products and services are provided exclusively by or through operating subsidiaries of The Cigna Group. Customers under age 13 (and/or their parent/ guardian) will not be able to register at **myCigna.com**.

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