

# Webster University 2020 Wellness Levers offered through Cigna MotivateMe!

Earn a 5% premium discount in 2021\*\* once employee and participating spouse/partner each earn 100 Points

Debit/Gift cards also available on some activities

Qualified Activity Dates: 01/01/2020 – 12/31/2020

Activity	How	Award
<b>Complete the Online Health Assessment</b> ^Gatekeeper Goal	Visit myCigna and click on Wellness and then My Health Assessment This goal is a start-up goal and must be completed in order to receive credit for any other goals.	20 Points (1x)
<b>Complete a preventive exam</b>	Validated by Claims. Eligible preventive exams include: Annual Wellness exam, Annual OB-GYN exam, colon cancer screening, mammogram, cervical cancer screening , and prostate exam.	20 Points each/40 Points max
<b>Health Coaching</b>		
<b>Complete an Online Coaching Program, Telephonic Lifestyle Management Program or Work with a Telephonic Health Coach to achieve a personal goal</b>	Visit myCigna.com and click on Wellness, then Health Topics and Resources to get started Various program options including stress, weight and tobacco cessation, among others Available to Chronic and Non-Chronic Populations	25 Points Each / 50 Points Max \$25 Debit/Gift card / \$50 max
<b>Self-Reported Activities</b>		
<b>a) Get an Annual Vision Exam, Get a Flu Shot or Get a Dental Cleaning</b> <b>b) Attest to being Tobacco Free or Participation in a Tobacco Cessation Program</b> <b>c) Participate in a health promotion program/event or establish a health membership each quarter</b>	Self-report the date of activity on myCigna by clicking on Wellness and then Incentive Awards.	a) 10 Points each* b) 20 Points* c) 25 points each*  *Limited to 75 points overall total Debit/Gift Card of equal value awarded up to 75 points
<b>Healthy Pregnancies Healthy Babies</b>		
<b>Healthy Pregnancies Healthy Babies</b>	Enroll in the Healthy Pregnancies Healthy Babies program in your 1 <sup>st</sup> or 2 <sup>nd</sup> trimester and complete the post-partum consultation with a Cigna maternity nurse - \$150 or \$75 respectively	\$150 Debit/Gift Card or \$75 Debit/Gift Card
<b>Achieve Health Goals</b>		
<b>Achieve a healthy BMI less &lt;30 OR improve weight by 5%</b>	Download the wellness screening form myCigna.com and take with your to your doctor to validate and sign. Submit to Cigna via instructions on screening form.	\$75 Debit/Gift Card for each achievement
<b>Achieve a healthy Blood Pressure of 139/89 or less</b>		

If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means.  
Contact Cigna at 1-888-992-4462 and we will work with you and, if you wish, with your doctor.  
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# Additional Notes

## Reward Timing:

\*\* Due to the time for some activities to process, we strongly encourage you to complete goals by 10/1/2020 to ensure you are given the 5% incentive on the first pay cycle of 2021. Activities completed and awarded by 12/31/2020 will still count for your 2021 incentive, however your 5% incentive may hit on a later pay cycle in 2021 depending on processing time. **Approximate processing times are as follows:**

- Health Assessment - within 72 hours of completion
- Claim Validated Preventive Exams/Screenings are awarded once the claim has been received and processed – **allow up to 45 days from visit.**
- Telephonic Coaching programs will be awarded automatically by the coach once it has been completed
- Self-reported activities will appear within 14 business days of self-reporting activity completion.

## Redemption:

Be aware that only the employee will have access to actually redeem debit/gift cards for themselves and any family members who are rewarded

**^Gatekeeper** – The Health Assessment is a start up goal. You **MUST** complete the health assessment in order to receive credit for any other goals completed, unless otherwise noted).

## Biometric Outcomes Alternatives:

- Work with Coach to meet a health goal
- Complete an online coaching program for exercise, weight or nutrition
- Submit a physician waiver or work with your Physician on an alternative activity
  - A Physician directed alternative/waiver form available online
  - Forms will need to be signed by healthcare professional

## Activity-based Incentive Goals Alternatives:

- Work with Your Physician on an Alternative Activity
  - A Physician directed alternative/waiver form will be available online
  - Physician verify goal is medically inappropriate or unreasonably difficult
  - Forms will need to be signed by healthcare professional