



Commit to Well-Being with Healthy Events

Earn up to \$100 for wellness activities that support total health

To maintain and lead a healthy lifestyle you need balance. Healthy Events encompass physical, social, emotional and financial activities important to your holistic well-being. Simply self-report your activity to earn a \$25 incentive up to 4 per year.

- Athletic activities such as:
 - Running Biking
 - Fitness Classes Hiking
 - Swimming Team Sports
- CPR/AED Training
- Employee Assistance Program for:
 - Emotional health & family support
 - Home life referrals
 - Financial and legal assistance
 - Job and career support
- Financial wellness classes
- Gardening
- Mindfulness activities, such as:
 - Meditation Coloring
 - Breathing Therapy
 - Journaling Affirmations



- Nutrition counseling
- Practice or learn a new skill
- Prenatal classes
- Professional development courses
- Volunteering
- Weight management programs and more!

SELF-REPORT A HEALTHY EVENT

- Log into your [myCigna account](#)
- Click on the “**Wellness Home**” under the “Wellness” tab
- Then, under “Rewards” click “**Earn Rewards**”
- Scroll to find the “Participation” category and click on “**Complete a Healthy Event**”
- Click the “**Take Me There**” button
- Input the date of the healthy event you completed
- Check the box to certify completion and click “**Submit**”

Earn \$25 per activity, 1 per quarter

Questions? Call Cigna at 800-244-6224

NOTE: Cash incentives, payments, and rewards are available upon completion of the Health Assessment annually. Amounts paid to well-being program participants are taxable income. Please review with your tax consultant for more information.