



NEW! **WELL-BEING PROGRAM**

PRESENTED BY
MANDY GRENIER



NEW! WELL-BEING PROGRAM



	<i>Current</i>	<i>New!</i>
Preventive Care	up to \$250	up to \$300
Biometrics	\$100	\$100
Self-Reported Healthy Events	up to \$400	up to \$100
Omada	up to \$350	up to \$250
Case Management	up to \$350	up to \$100
Healthy Pregnancies/Babies	up to \$250	up to \$250
Health Coaching	up to \$250	up to \$100



All the same incentives PLUS more ways to earn!

- Earn \$600 each (employee & spouse)
- Connectivity to devices
- Ability to create and join challenges
- Ability to participate in journeys
- Use incentive funds at store or charity
- No more checks

NEW 2025!

**Health
Assessment
Available
July 1**

New Features



Daily Cards

Every day you'll get two new tips to help you live well and in the areas that interest you the most



Healthy Habits

Bite-sized ways to build a healthy routine and improve your wellness



Digital Guides

Sleep and nutrition tips, tricks, and tracking to help you achieve your goals



Well-Being Challenges

Rally your coworkers for the latest challenge! Or gather a small group of coworkers/friends to start a new healthy habit challenge



Health Assessment

This short, confidential survey assesses your health across seven factors and provides valuable feedback



My Care Checklist

A handy tracker to help you keep track of your health checkups in one place.



Wellness Store

Access to discounted products such as wearables, fitness gear, and more. Use your Wellness Rewards!



Friends and Family

Invite up to 10 friends or family members to share in the experience



Journeys

Digital health coaching helps you make simple changes to your health, one small step at a time



Device/App Connection

Connect any device, app or tracker that connects to Apple Health or Google Fit



Earn Rewards

By participating in healthy activities, you can earn Wellness Cash. The more you do, the more you earn!



For illustrative purposes only.

30 digital topics

- Acting Sustainably
- Alcohol Use
- Anxiety & Depression
- Back, Muscle & Joint Health
- Being Effective
- Being Productive
- Being Tobacco Free
- Blood Pressure
- Building Relationships
- Cancer
- Cholesterol
- Contributing to Community
- Diabetes
- Diversity, Equity & Inclusion
- Eating Healthy
- Finding Emotional Balance
- Getting Active
- Grief & Loss
- Heart Health
- Illness & Injury
- Learning New Things
- Lung Health
- Managing My Finances
- Medicine Support
- Menopause
- Pregnancy
- Reducing Stress
- Sleeping Well
- Staying Safe
- Weight



Available in 23 languages

Connected via myCigna

Wellness Store

Exclusive pricing on items that support your wellness experience

- Shop for over 400 items across 50 brands
 - Fitness trackers, digital scales, pet care, Bluetooth speakers, deep tissue massagers, beauty products, more



- Redeem Wellness Cash for a variety of gift cards
 - Visa, Amazon, Walmart, Target and more!

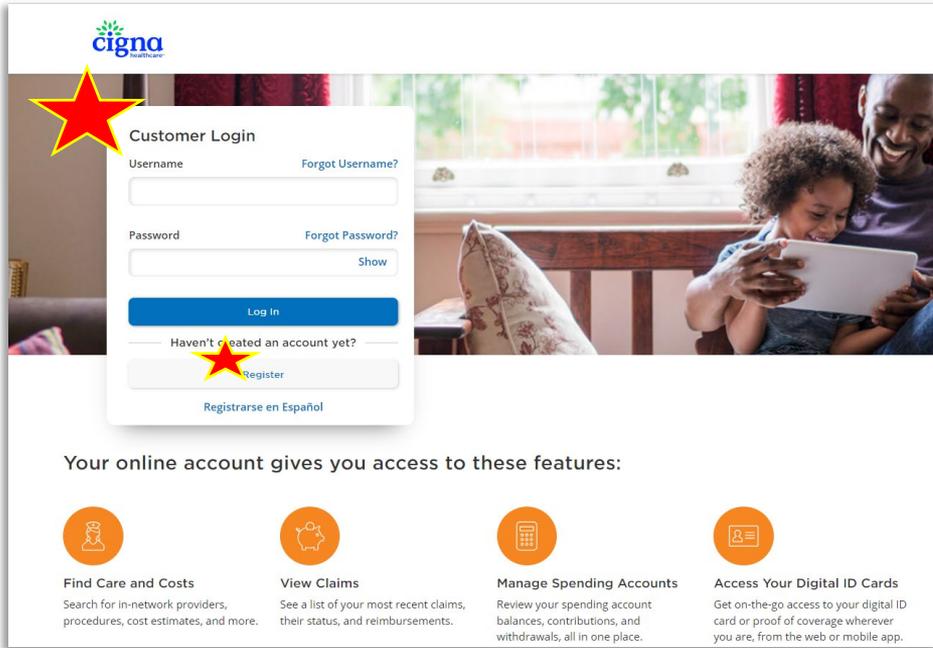


- Donate Wellness Cash to charity through Charity on Top and other organizations.



Well-Being Solution via myCigna.com®

Log in or register on myCigna.com®



Customer Login

Username [Forgot Username?](#)

Password [Forgot Password?](#) [Show](#)

[Log In](#)

[Haven't created an account yet?](#)

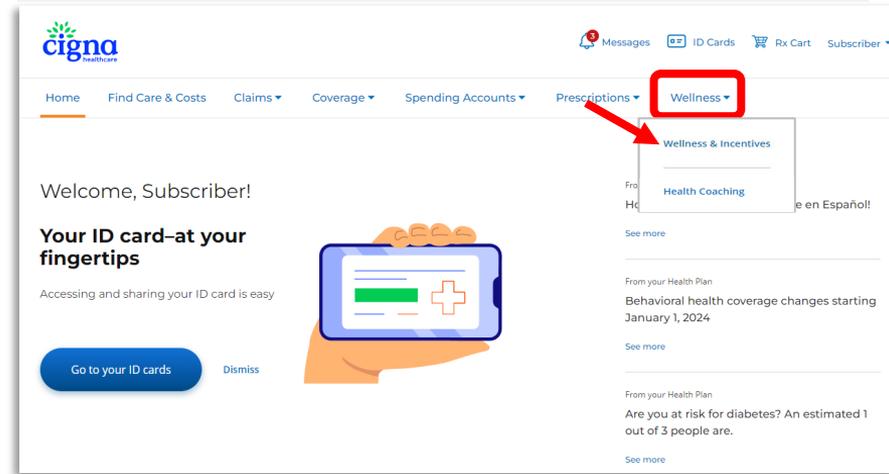
[Register](#)

[Registrarse en Español](#)

Your online account gives you access to these features:

- Find Care and Costs**
Search for in-network providers, procedures, cost estimates, and more.
- View Claims**
See a list of your most recent claims, their status, and reimbursements.
- Manage Spending Accounts**
Review your spending account balances, contributions, and withdrawals, all in one place.
- Access Your Digital ID Cards**
Get on-the-go access to your digital ID card or proof of coverage wherever you are, from the web or mobile app.

Home page to the Wellness tile



Home Find Care & Costs Claims Coverage Spending Accounts Prescriptions **Wellness** Messages ID Cards Rx Cart Subscriber

Welcome, Subscriber!

Your ID card—at your fingertips

Accessing and sharing your ID card is easy

[Go to your ID cards](#) Dismiss

Wellness & Incentives

Health Coaching

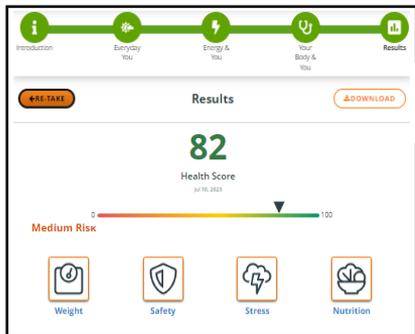
From your Health Plan
Behavioral health coverage changes starting January 1, 2024

From your Health Plan
Are you at risk for diabetes? An estimated 1 out of 3 people are.



For illustrative purposes only

Experience Overview



My Actions

Track my Healthy Habits, Track my sleep, Add a profile picture, Start a returning to your workplace journey

Health Assessment Survey

The Health Assessment is NQA certified

Available July 1, 2025

Start Now

Healthy Habit Tracking

Stats

- 1,371 Steps (Daily goal: 5000 steps)
- 0 hr Sleep (Daily goal: 7 hrs)
- 5 Active Minutes (Daily goal: 30 min)

Healthy Habits

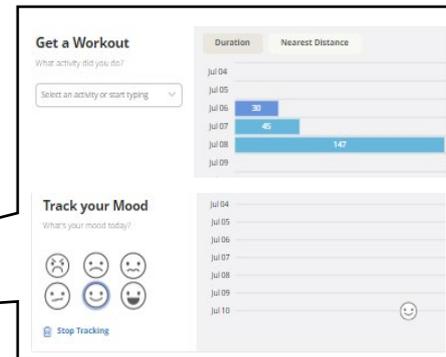
Track Your Habits

Challenges

Fit in Strength (Started July 10)

My Benefits

Recently viewed



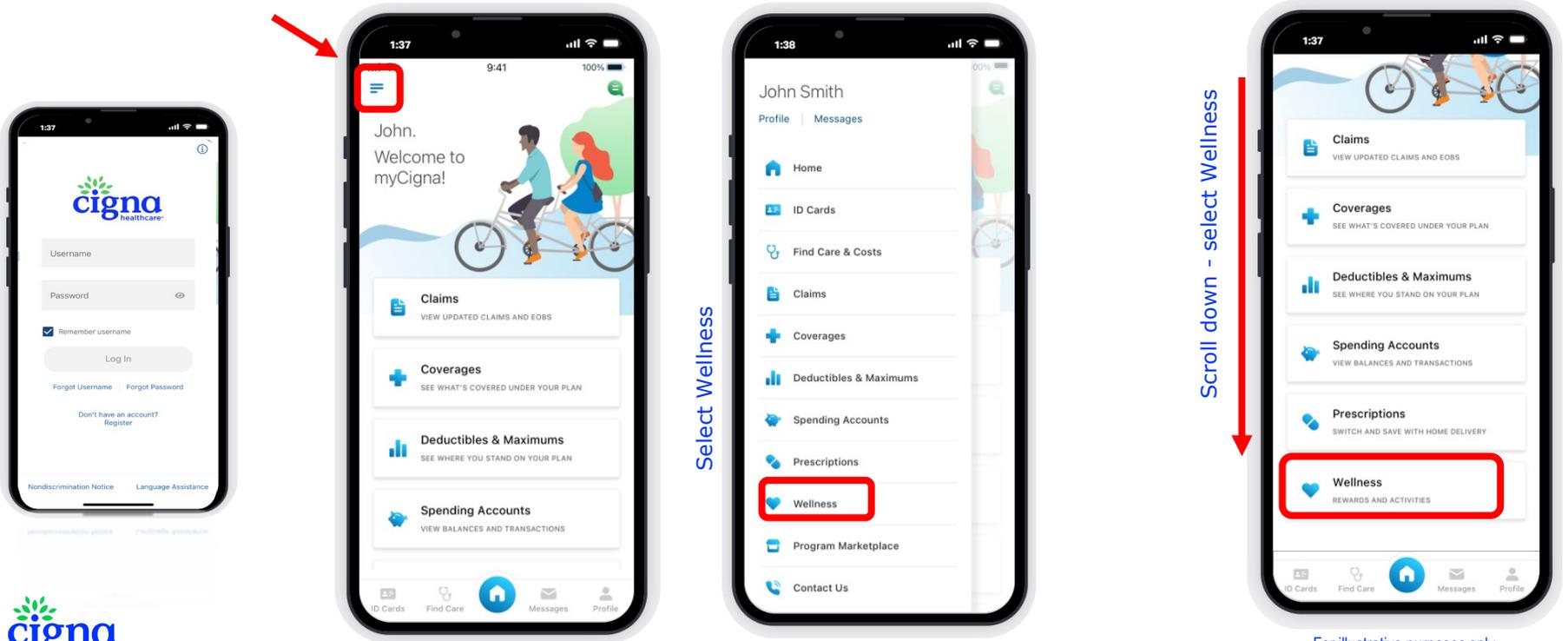
For illustrative purposes only

Well-being solution login via myCigna app

Two intuitive ways to access after logging in:

Hamburger menu to the Wellness tile

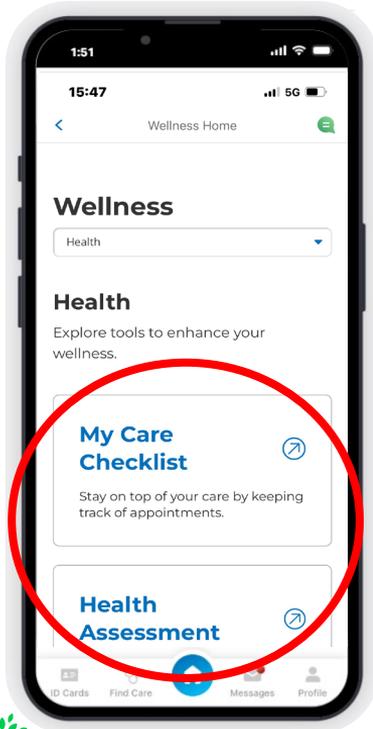
Home Screen to the Wellness tile



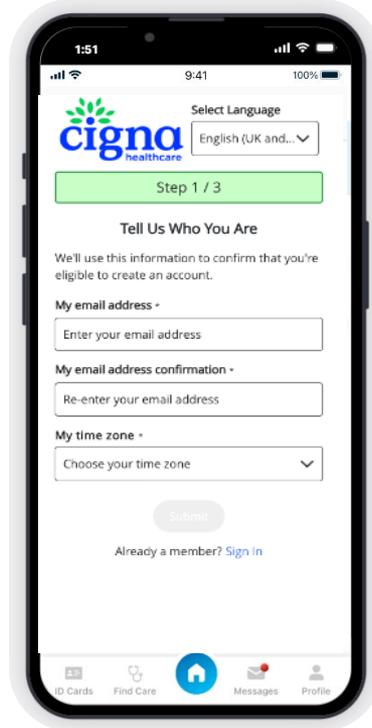
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Well-being solution first-time use

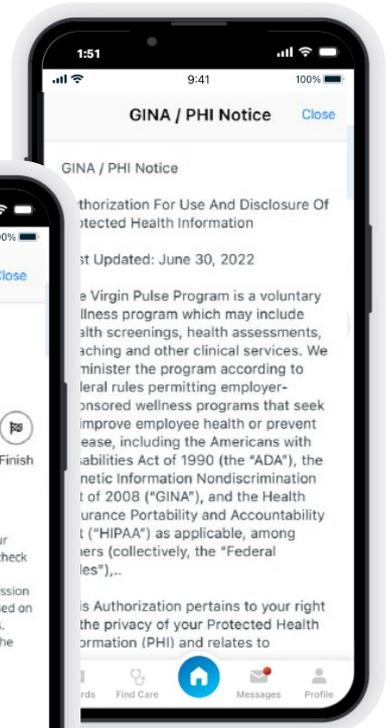
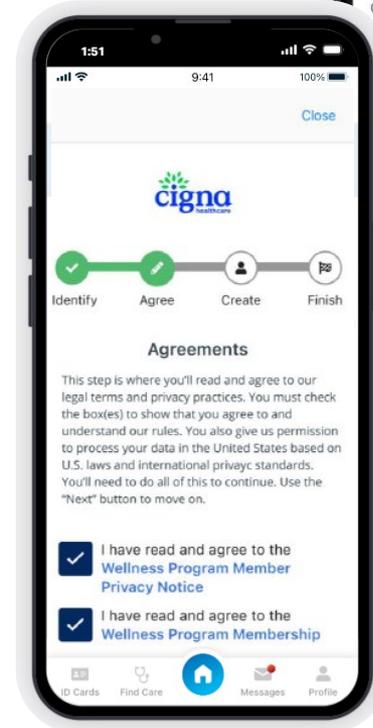
First time users will be directed to complete agreements and acknowledgements when they click on any of the tiles under **Wellness**



Enrollment

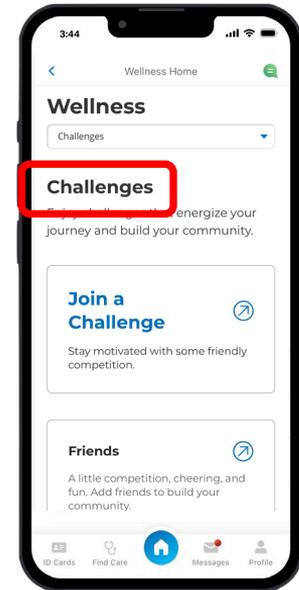
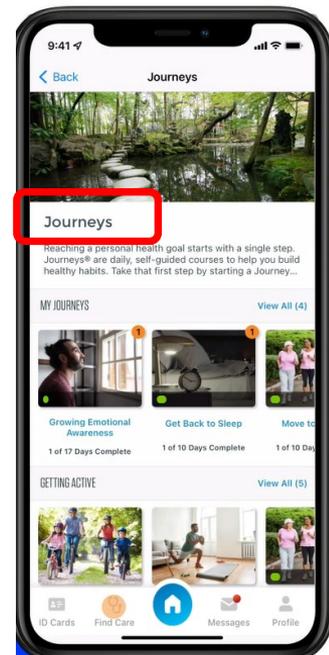
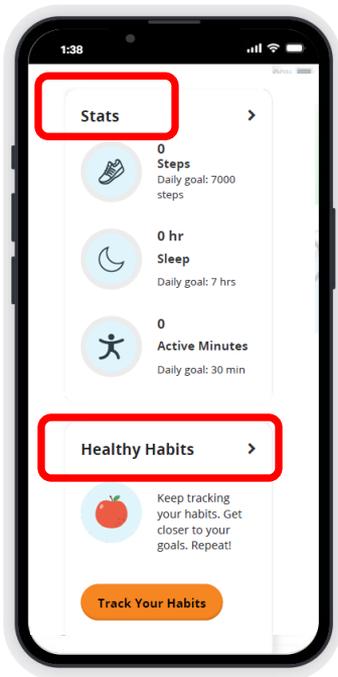
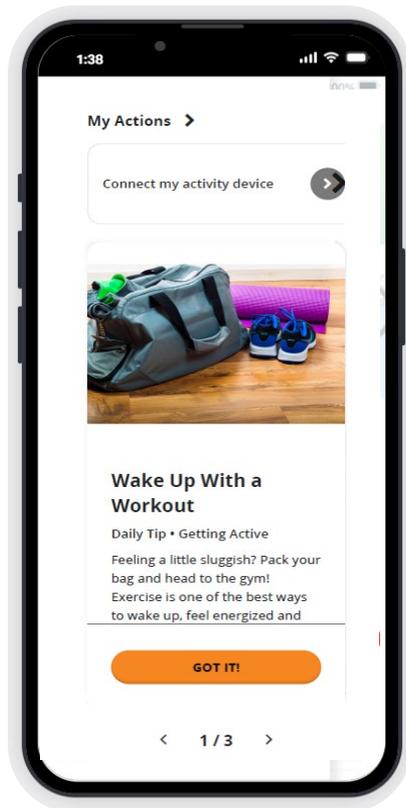


Agreements



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Experience Overview



* For illustrative purposes only