

## Goal Classification | Activity Incentive Value

Goal Classification	myCigna Goal Display Name	Incentive Coverage Single   Family
<b>Health Assessment</b> This activity is required to enroll you in the program.	Health Assessment	\$50   \$100
<b>Preventive Care   Wellness Screening</b> You must complete one preventive exam or screening to receive your full credit amount.	Get an annual physical (preventive exam) Get an annual OB/GYN exam (preventive exam) Get a colon cancer screening (preventive exam) Get a prostate screening (preventive exam) Get a cervical cancer screening (preventive exam) Get a mammogram (preventive exam) Get a preventive dental exam (preventive exam) Get a biometric health screening	\$100   \$200
<b>Health Coaching</b> This incentive is optional and is not required to receive your full credit amount.	Improve Your Nutrition Exercise for Better Health Maintain a Positive Mood Work Towards a Healthier Weight Manage Your Stress Quit Tobacco - One Month Program Quit Tobacco - Six Month Program Control Your Asthma Manage Your Coronary Artery Disease (CAD) Manage Your Chronic Obstructive Pulmonary Disease (COPD) Manage Your Diabetes Managing Heart Failure Speak with a maternity nurse starting 1st trimester & after your baby is born Speak with a maternity nurse starting 2nd trimester & after your baby is born	\$100   \$200
<b>Self-Reported Goals</b> You must complete two CTA sponsored wellness activities to receive your full credit amount.	Participate in CTA wellness sponsored activities Examples: •Seminars •Wellness Sponsored Races and Events •Wellness Campaigns	\$50   \$100