



MotivateMe® *Start Earning Your Rewards!*

Step 1

Register or log on to myCigna.com or the myCigna mobile app.

Step 2

Complete Your Health Assessment.

Step 3

Track self-reported activities on myCigna.com and complete eligible activities by **10/31/25**.

Our Goal

CTA is committed to making employee wellness an integral part of your lifestyle. Taking a proactive approach can help ensure a long and healthy life. We invite you to actively participate in CTA's wellness program and sign up for MotivateMe®.

Download the free Cigna app and manage your health plan right from your smartphone!

