

Understanding the Requirements



<p>Health Assessment</p> <p>This activity is required to enroll you in the program.</p>	<p>After signing up through myCigna.com or the myCigna app, a Health Assessment must be completed to enroll into the program.</p> <p>Completion of the Health Assessment automatically enrolls you in MotivateMe®. You do not need to self-report this activity.</p>
<p>Preventive Care / Wellness Screening</p> <p>You must complete one preventive exam or screening to receive your full credit amount.</p>	<p>One preventive exam activity is required. You cannot receive your full credit amount without completing this requirement. You can participate in other activities prior to obtaining a preventive exam and be awarded accordingly. Completion of a preventive activity is denoted when the claim is submitted and processed. This could potentially cause a delay in credit being applied. You do not need to self-report any of these activities.</p>
<p>Health Coaching</p> <p>This incentive is optional and is not required to receive your full credit amount.</p>	<p>Coaching programs provide resources and guidance addressing a particular medical issue or condition. These programs will provide information and assist those in managing a condition or moving towards a healthier lifestyle. You can participate in as many coaching programs as you wish, towards your goal. You do not need to self-report any of these activities.</p>
<p>Self-Reported Goals</p> <p>You must complete two CTA sponsored wellness activities to receive your full credit amount.</p>	<p>Self-Reported Goals are activities sponsored by CTA's Wellness program, Live Well Work Well. These activities correspond to the Wellness program's goals and include such things as attending seminars, participating in sponsored runs, and engaging in other wellness related activities. You must self-report these activities on the myCigna platform and verify participation.</p>

Contact Us

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