

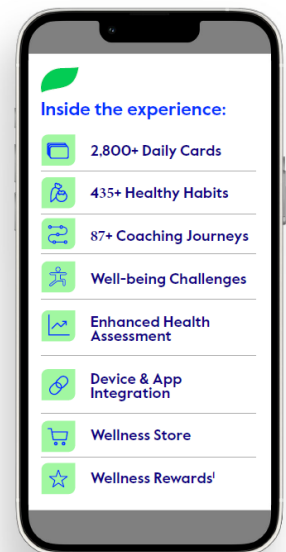


**Earn up
to \$400
per year**

Wellness Rewards

It's easy to earn rewards by making healthy decisions. Choose your healthy activities and watch your rewards add up. The more you do, the more Wellness Rewards you'll earn.

Complete any of the healthy activities on the following page to earn up to \$400 per year.



Who's eligible?

If you think you might be unable to meet a standard for a reward under this wellness experience, you might qualify for an opportunity to earn the same reward by different means. Log in to **myCigna** to request a Cigna Healthcare representative to work with you, and if you wish, with your doctor.



Ways to earn:

Go to your **myCigna**[®] Wellness Experience for a complete list of activities to earn rewards.

	Do healthy things:	Earn:
Getting started	Complete registration	\$10
	Set your interests	\$5
	Add 5 friends	\$5
	Complete Nicotine Free Agreement	\$10
	Win the promoted Healthy Habit challenge	\$20
Monthly	Complete 20 Daily Cards in a month	\$10
	Track Healthy Habits 20 days in a month	\$10
	Track sleep 10 days in a month	\$5
	Track more than 7 hours 20 nights in a month	\$15
	20-Day Triple Tracker: 10,000 steps/30 active minutes/30 workout minutes	\$10
Yearly	Join the Challenge	\$5
	Create a personal challenge	\$5
	Set a well-being goal	\$5
	Complete a biometric screening	\$50
	Complete the Health Assessment	\$50
	Complete a preventive care visit	\$50
	Complete a flu shot	\$50

Complete any of the healthy activities to earn up to \$400 in Wellness Rewards.



Scan the QR code to visit **myCigna.com** to log in or get started today!

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