



# Be well. Be rewarded.

The Healthier You rewards program makes it easy.



For employees of  
Williamson County and  
their covered dependents.



# A little healthy motivation can go a long way – for your well-being and your wallet.

The Healthier You rewards program not only encourages you to get and stay well but it also rewards you for doing so – up to a **\$200 gift/debit card for Williamson County employees** and up to a **\$100 gift/debit card for covered spouses**.

## Getting started is simple.

Access Healthier You anytime by logging in to your **myCigna.com**® account, where Healthier You is referred to as MotivateMe®. Start by clicking on the “Wellness” tab. From there, select “Wellness & Incentives” from the drop-down menu. You can start earning in three easy steps.

- 1

Complete your online health assessment.

You must complete this start-up goal to earn rewards. It’s quick, easy and confidential.
- 2

Tackle other goals.

After you’ve completed the online health assessment, choose other goals you’d like to work toward and earn rewards for.
- 3

Earn and redeem more.

Each goal is an opportunity to make healthier choices. The more you complete, the more you can earn and redeem.

Complete goals by **10/31/2024**: you can earn up to **\$200** in rewards, and a covered spouse can earn up to **\$100**.

## Get started with your goals. Earn up to \$200 in rewards.

Start-up goal		Reward
Health assessment	A quick and easy questionnaire on <b>myCigna.com</b>	\$0
Other goals		
Annual check-up	A visit with your primary care provider (PCP) to help you stay ahead of your health and catch any issues early	\$100 gift/debit card
Biometric health targets*	A blood pressure level of less than 120/80 is considered normal	\$25 gift/debit card
	A total cholesterol level of less than 200 mg/dL is considered normal	\$25 gift/debit card
	A fasting blood sugar level of less than 100 mg/dL or less is considered normal	\$25 gift/debit card
Annual OB/GYN exam	A routine visit with your OB/GYN that can help identify serious issues early	\$50 gift/debit card
Routine mammogram	A screening that can help detect breast cancer earlier	\$25 gift/debit card
Colon cancer screening	Tests or procedures that can help detect colon cancer earlier	\$25 gift/debit card
Prostate screening	A screening that detects changes in the prostate gland that can lead to cancer	\$25 gift/debit card
Flu shot	Effective prevention against the flu, a virus that can lead to more-serious health issues	\$25 gift/debit card
Cigna Diabetes Prevention Program through Omada®	A 16-week online lifestyle-change program that helps reduce your risk for diabetes	\$100 gift/debit card
Health coaching	Support from a health coach to manage a chronic condition	\$50 gift/debit card
Lifestyle Management Programs	Get help quitting smoking, managing a healthy weight or reducing stress	\$50 gift/debit card each

All disclosures appear at the end of this document.

## Spouses can now earn up to \$100 in rewards.

**First, spouses must complete their online health assessment to qualify for rewards.** After that, they can earn up to a \$100 gift/debit card for completing any of the following healthy actions:

- Annual check-up: \$50 gift/debit card
- Annual OB/GYN exam: \$50 gift/debit card
- Routine mammogram: \$25 gift/debit card
- Colon cancer screening: \$25 gift/debit card
- Prostate screening: \$25 gift/debit card
- Flu shot: \$25 gift/debit card
- Biometric health targets: \$25 gift/debit card each

## Get your gift cards.

Redeem your rewards for gift/debit cards from merchants such as Amazon®, Target® and Panera Bread®.

Just visit your “Wellness & Incentives” page and follow these steps to see the rewards you’ve earned and how you can redeem them.

1. **Click on** “Redeem awards.”
2. **View a list** of merchants to choose from, or simply search for a merchant by name.
3. Once you choose a merchant, **select your gift/debit card value** and click “Add to cart.”
4. **Enter your shipping information** and select “Checkout.”
5. Gift/debit cards **will arrive by mail 7–10 days** after ordering.

## Expecting? Expect to earn more.

Whether you’re expecting a baby now or hope to be in the future, you or your covered spouse can earn extra support and rewards through the Cigna Healthy Pregnancies, Healthy Babies® program.

- Earn **\$150** for enrolling in the first trimester and completing the program.
- Earn **\$75** for enrolling in the second trimester and completing the program.

**To enroll, simply call 800.615.2906.**

## Ready to get rewarded?

Visit **myCigna.com** and complete your online health assessment.



## Healthier You Incentive Program

### Frequently Asked Questions

Eligible employees and their spouses can earn Healthier You Incentives on an annual basis starting January 1 of the current year through October 31<sup>st</sup>. For example, any activities completed January 1 - October 31, 2024 will be applied to the 2024 plan year. Any activities completed from November 1 to December 31, will rollover to the following plan year.

### GENERAL

How can I start earning Healthier You incentive rewards?

To get started, you and your enrolled spouse must first complete the required confidential Health Assessment on your own MyCigna.com accounts. Click the Wellness / Incentives tab on Mycigna.com to learn more about the activities that qualify for incentives.

I am a new hire. Can I participate in well-being activities?

Congratulations! Yes, you can. The same program dates apply.

On MyCigna.com, what do the dates listed next to each incentive goal mean?

Each goal lists a "start" and "end" date, which are the dates between which you can complete the activity and receive rewards. If you have completed a goal prior to the start date or after the end date, you will not receive a reward during the current plan year. If you complete the goal prior to the end date, you may not receive the reward until after the end date.

### Completion of Activities

I completed a goal but haven't received my reward. Why?

There are several reasons why you may not see your rewards:

- Most rewards will be displayed on your MyCigna.com account within three days after completing the goal. However, some rewards (like a preventive health screening) can take several weeks for the claim to be processed and the incentive to be rewarded.
- You may be required to complete some goals first before other rewards can be earned. For example, the Cigna health assessment must be completed prior to earning any rewards.
- Williamson County has set a maximum incentive reward that can be earned. If you have reached this maximum, you will not be able to receive additional rewards.
- There is a limit on the number of times you can receive credit for completing a goal. If you have reached that limit, you can still participate in the goal, but you will not receive any additional rewards. (Example: health coaching)
- Allow at least 3.5 weeks from the date a preventive care claim is processed, not from the date of service, for the incentives to be rewarded.
- Chronic Health Coaching and Lifestyle Management Coaching sessions are marked as complete within 1-2 days after the goal is achieved with the coach.
- The Cigna Health Assessment will show as completed in 2-4 days.

How do I get credit for biometric health target goal? Will the information I put into my health assessment be used?

To receive credit for a biometric health target goal, your biometric information must be submitted in one of the following ways:

- By a participating lab or Quest Patient Service Center.
- Submitting a Wellness Screening form completed by your health care provider. For more information, click [0006938\\_BiometricScreeningForm.pdf \(cigna.com\)](#).