

2021 Healthier You Rewards Program – FAQ

Williamson County’s Healthier You Rewards Program administered by Cigna is your wellbeing rewards program for 2021. This program features rewards for achieving your health related goals and provides additional tools and resources than can help you in your journey towards a healthier lifestyle. The program consists of various goals related to preventive health as well as a new goal to engage in your health through the **Wellbeats** activity platform.

To be eligible for rewards, full-time employees must be enrolled in one of the Williamson County medical plans. In addition in 2021, spouses that are covered on one of the Williamson County medical plans are eligible to participate.

Below is a table that lists all of the available goals for covered employees, a brief description of each goal and the reward amount. Rewards are earned when the goal is completed and claim is processed or activity is reported to myCigna.com. Employees can earn up to \$200 in 2021. You must complete your goals by 10/31/21. The goals for covered spouses are listed separately on the next page.

EMPLOYEES Start-up goal - Updated for 2021		
Health assessment	You must complete the health assessment to be eligible to earn any of the rewards listed below. This easy, online questionnaire takes just 15 minutes to complete on myCigna.com	\$0
EMPLOYEES Other goals - Updated for 2021		
Annual check-up	Your annual physical can help find issues before they become more serious and costly to treat	\$100 gift/debit card
Biometric screening	Getting to know your health numbers is an important part of lowering your risk for disease	\$50 gift/debit card
Annual OB/GYN exam	Your annual exam with your OB/GYN can identify serious issues early	\$25 gift/debit card
Routine mammogram	Detects breast cancer earlier	\$25 gift/debit card
Colon cancer screening	Detects colon cancer earlier, when it’s more treatable	\$25 gift/debit card
Prostate screening	Detects changes in the prostate gland that can lead to cancer	\$25 gift/debit card
Flu shot	Effective in preventing the flu, which can lead to more serious health issues	\$25 gift/debit card
Online classes through Wellbeats NEW!	Complete 400 minutes of on-demand classes, including fitness, nutrition, managing anxiety and learning mindfulness	\$75 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 NEW!
Health coaching	Work with a coach about a chronic condition; just call the number on the back of your ID card	\$50 gift/debit card

The goals for covered spouses are listed below. Spouses can earn up to \$50 for 2021.

SPOUSES Start-up goal – 2021		
Health assessment	<p>You must complete the health assessment to be eligible to earn any of the rewards listed below.</p> <p>This easy, online questionnaire takes just 15 minutes to complete on myCigna.com</p>	\$0
SPOUSES Other goals – Updated for 2021		
Annual check-up	Your annual physical can help find issues before they become more serious and costly to treat	\$25 gift/debit card
Biometric screening	Getting to know your health numbers is an important part of lowering your risk for disease	\$25 gift/debit card
Annual OB/GYN exam	Your annual exam with your OB/GYN can identify serious issues early	\$25 gift/debit card
Routine mammogram	Detects breast cancer earlier	\$25 gift/debit card
Colon cancer screening	Detects colon cancer earlier, when it's more treatable	\$25 gift/debit card
Prostate screening	Detects changes in the prostate gland that can lead to cancer	\$25 gift/debit card
Flu shot	Effective in preventing the flu, which can lead to more serious health issues	\$25 gift/debit card

How to Earn Goals

Take simple steps to reach your goals in 2021! All actions must be completed between January 1, 2021 and October 31, 2021.

- The Health Assessment must be completed in 2021 before 10/31/21 in order to earn incentives for 2021. The Health Assessment will show as complete on myCigna.com within 4 days after completion.
- If an eligible participant completed any of the following medical services from November 1st to December 31st, 2020, they will earn the reward in 2021. In addition, these goals will show as completed on myCigna.com once the medical claim has been processed by Cigna.

The services include: Annual Check-up, Biometric Screening, Annual OB / GYN Exam, Routine Mammogram, Colon Cancer Screening, Prostate Screening, Flu Shot.

- If an eligible employee completes the Diabetes Digital Coaching or Chronic Health Coaching goals from 11/1/2020 to 12/31/2020, this goal will be rewarded in 2021.

- To earn the Wellbeats activity goal, it is necessary to register for the Wellbeats app then complete 400 minutes of on-demand classes. Redemptions will be paid out quarterly starting in March.

How to Redeem Rewards

Eligible employees can earn up to \$200 and eligible spouses can earn up to \$50 in gift or debit cards.

- Goals are located on the Incentives page on myCigna.com. An incentive can be redeemed once a goal shows a date of completion next to it. You can choose to redeem some or all of your incentive at one time. To redeem your incentive, go to myCigna.com – Incentives tab and click “Redeem your Dollars” link (see below).

Incentive Awards



- The link will open up the vendor website that handles the gift / debit card distribution for Cigna. This site contains a National Merchant Gift Card list and the Debit Card option.
- Eligible participants can redeem in increments of \$10 or more. If there is less than \$10 in the balance, redemption cannot occur until there is \$10 or more in the balance again.
- Gift cards may expire – look for expiration dates on the Hallmark site prior to ordering. This is managed by the issuing Merchant.
- Debit or Gift cards can be issued as gifts and sent directly to the recipient. This is completed during the check-out process.
- Debit cards will arrive in the postal mail in 4 to 5 weeks after ordering. Debit cards expire one year from the date of issuance. To locate the Debit card, look for “Cigna Prepaid Mastercard or Visa” when you click the “View All Gift Cards” link.
- There is a FAQ located on the redemption site that will address the majority of the questions that one might have.
- If an employee terminates, any rewards earned prior to the termination date must be redeemed within 90 days after the termination date.
- Gift and Debit cards are considered taxable income. Please consult with your tax advisor if you have questions.