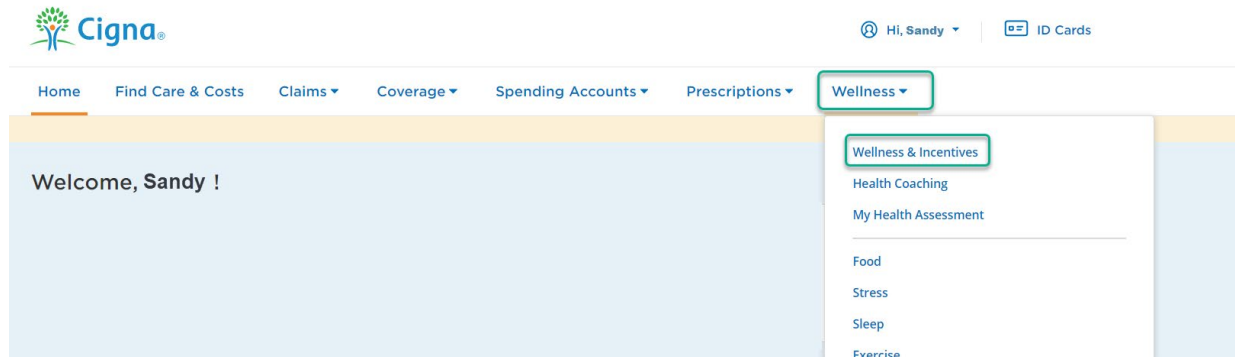


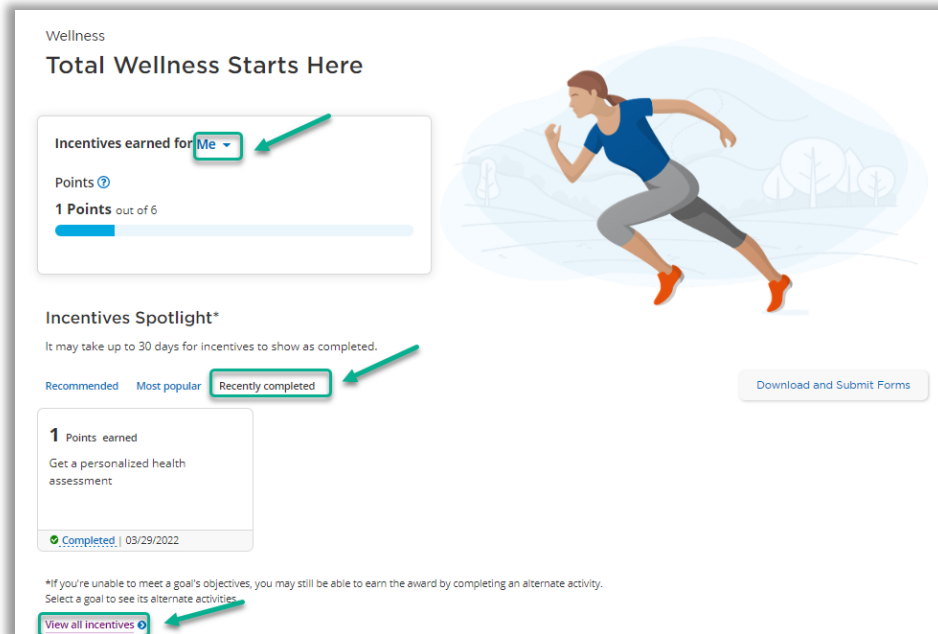
## View All Premium Incentive Points Earned to Date

Your Incentive Awards Dashboard gives you an overview of the goals you have met and links you to Wellness Screening Forms or Physician Waiver Forms.

1. Once you log into your mycigna.com account, use the "Wellness" tab at the top of the page and select "Wellness & Incentive" to get to your Incentive Awards Dashboard.



2. You can view the total points you have earned on this page. To view points for yourself, click on the drop box next to 'Incentives earned for' and select 'Me' from the drop down.
3. Next select the 'Recently Completed' tab below Incentives Spotlight to view your points earned.



Or, click on 'View All Incentives' to view detailed information on the points you have earned and available incentives. You will be taken to the 'Incentive Awards' page. From there, click on 'Available Incentives' to view different available actions to earn points, or click on 'Completed Incentives' to view points earned.

If you complete a biometric screening through your primary care provider, download/upload Wellness Screening or Waiver Forms by clicking 'Download and Submit Forms.' \*

4. To view activity for an enrolled spouse, go to 'View all Incentives' from the Wellness Tab. On the next page select their name from the 'Incentives Earned for' dropdown and select spouse name from Incentives drop down menus.

Wellness

## Total Wellness Starts Here

Incentives earned for Me ▾

Points ?

1 Points out of 6

Incentives Spotlight\*

It may take up to 30 days for incentives to show as completed.

Recommended Most popular Recently completed

Download and Submit Forms

- 1 Points  
Complete my annual physical (preventive exam)  
Let's Go
- 1 Points  
Get my annual OB/GYN exam (preventive exam)  
Let's Go
- 1 Points  
Get a mammogram (preventive exam)  
Let's Go
- 1 Points  
Get a colon cancer screening (preventive exam)  
Let's Go

\*If you're unable to meet a goal's objectives, you may still be able to earn the award by completing an alternate activity. Select a goal to see its alternate activities.

[View all Incentives](#) ← Select "View all Incentives" to view Spouse Incentive awards (available and completed)

< Back to Wellness & Incentives

## All Incentives For Current Plan Year -

Incentives earned for George Pat ▾

There are no Incentives available for this plan year.

Incentives for George Pat ▾

Download and Submit Forms

Available Incentives Completed Incentives

It may take up to 30 days for incentives to show as completed.

Get a personalized health assessment 0 Points

A confidential questionnaire that asks you about your health and well-being and provides a personalized assessment of your current health. As a reminder and to protect your privacy, anyone taking the health assessment needs to register on myCigna, and then log in with their own user ID and password.

Completed on April 01, 2022  
You've successfully completed this goal.

Select Spouse name from the drop down

**NOTE:** Only employees earn points; spouses do not earn points. 0 points will always show for spouse completed goals and 'There are no incentives available for this plan year.'

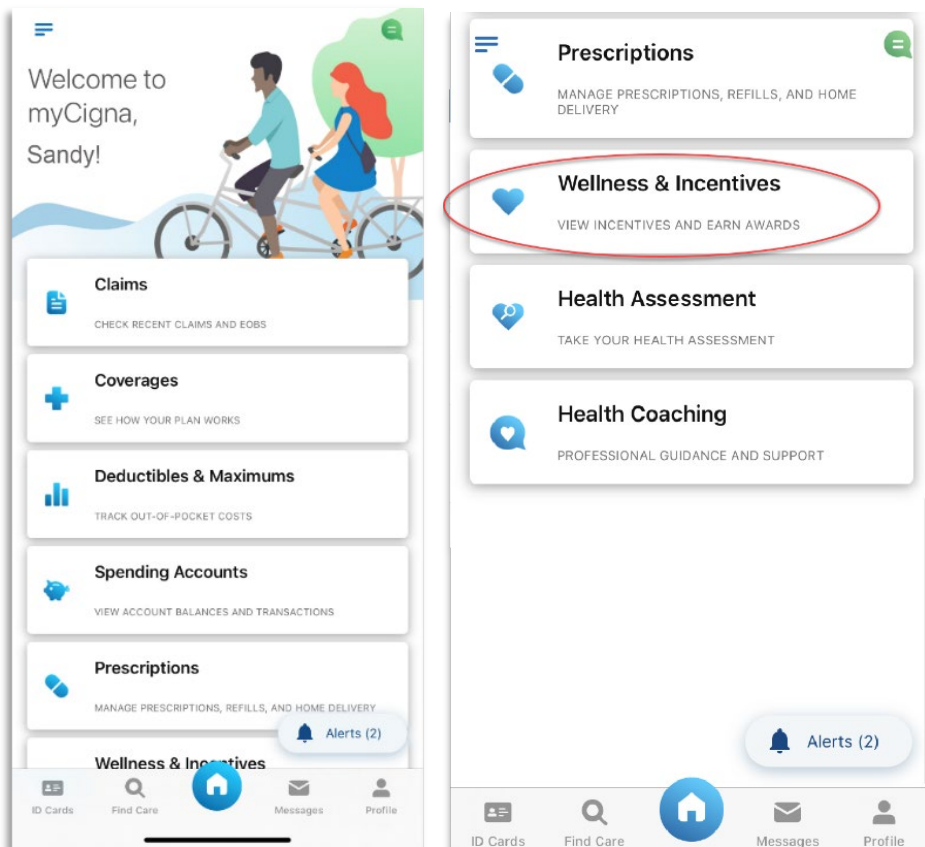
REMINDER: In order to waive the monthly spousal surcharge for the medical plan, enrolled spouses must complete the Cigna Online Health Assessment and a preventive medical exam annually by the September 30<sup>th</sup> deadline.

\*Wellness Screening Form/Biometric points can take 5-7 business days to register on the MyCigna site. Also, keep in mind that it can take up to 5 business days to see credit for completion of the online Health Assessment. Preventive point(s) can take up to 30 days to register on the MyCigna site.

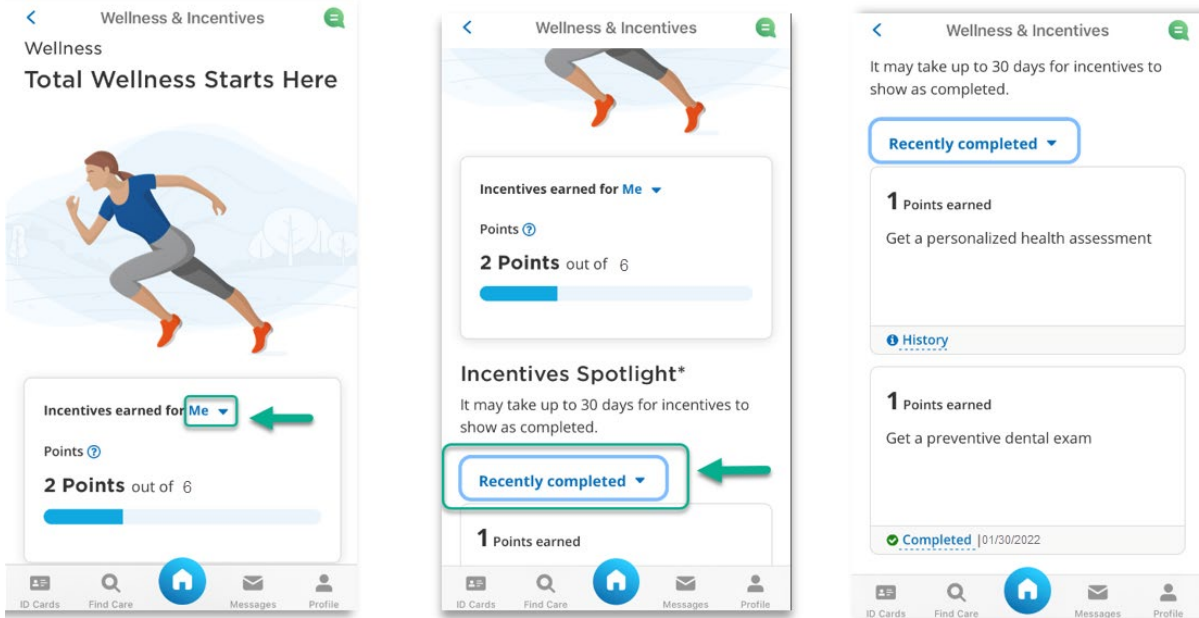
## View All Premium Incentive Points Earned to Date – Mobile Instructions

Your Incentive Awards Dashboard gives you an overview of the goals you have met and also links you to Wellness Screening Forms or Physician Waiver Forms.

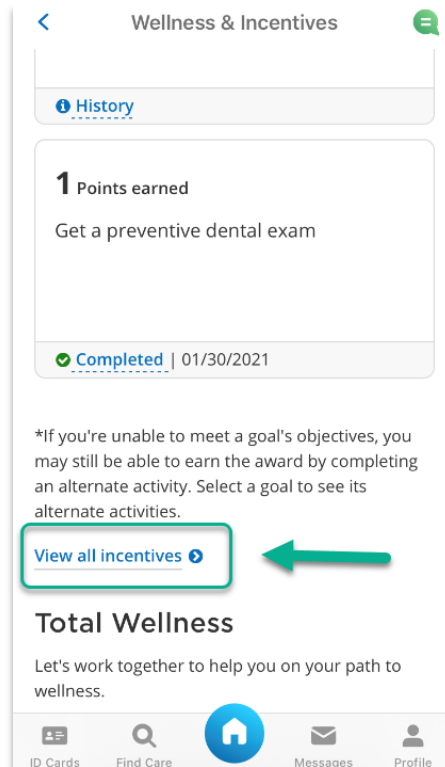
1. Once you log into your MyCigna Mobile app, from the home screen scroll down and select "Wellness & Incentive" to get to your Incentive Awards Dashboard.



1. You can view the total points you have earned on this page. To view points for you, click on the drop box next to 'Incentives earned for' and select 'Me' from the drop down > select 'Recently Completed' to view your recent points.

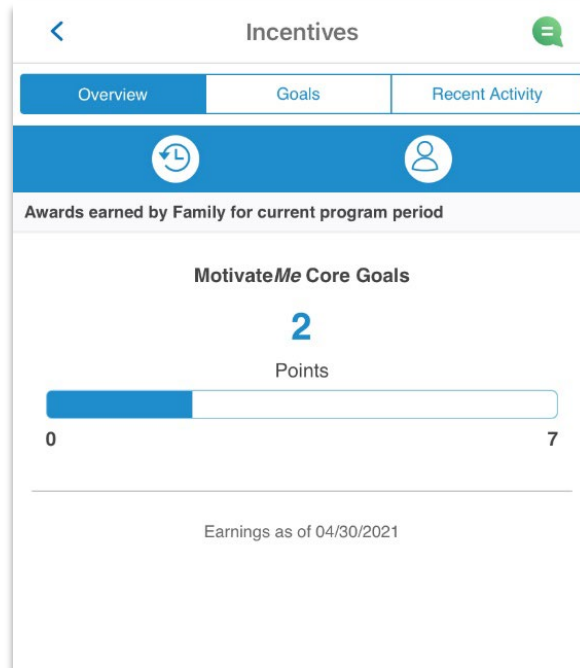


Or, click on 'View All Incentives' to view detailed information on the points you have earned and to view your spouse's requirement completions. You will be taken to the 'Incentive Awards' page.

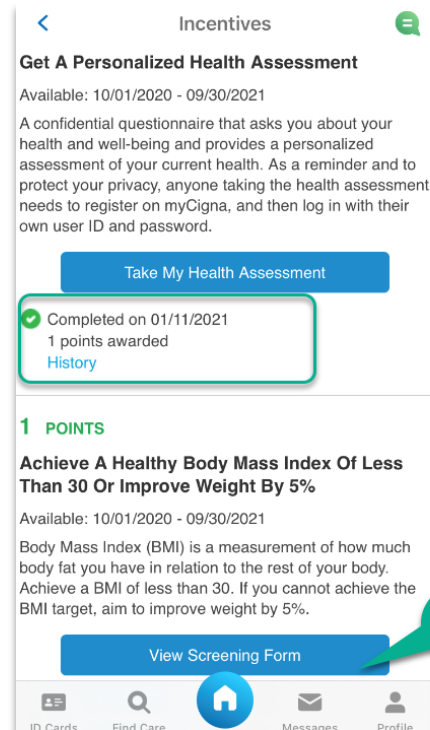
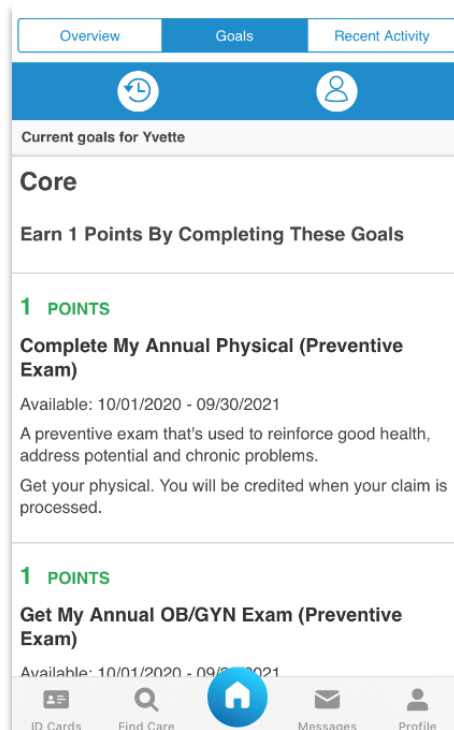


2. Next, you will be taken to the 'Incentives' section with the Overview as the default page. The current amount of

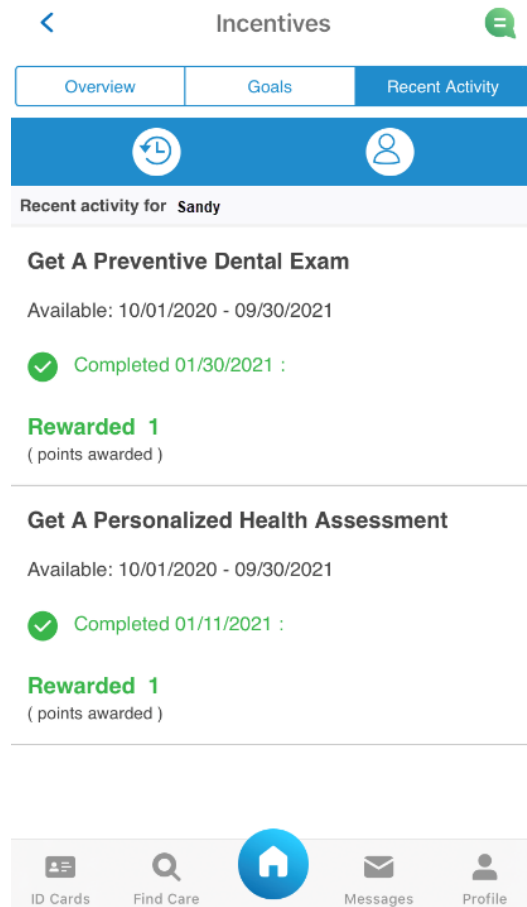
points you have earned YTD will be reflected. Keep in mind that some points take over 30 days to be posted to your MyCigna account.



3. Selecting 'Goals' from the Incentives tabs will provide you with current categories that you can earn points toward, in addition to showing you which of the listed goals you have completed. You can access the Wellness Screening Form and take your health assessment from the 'Goals' section, as well.

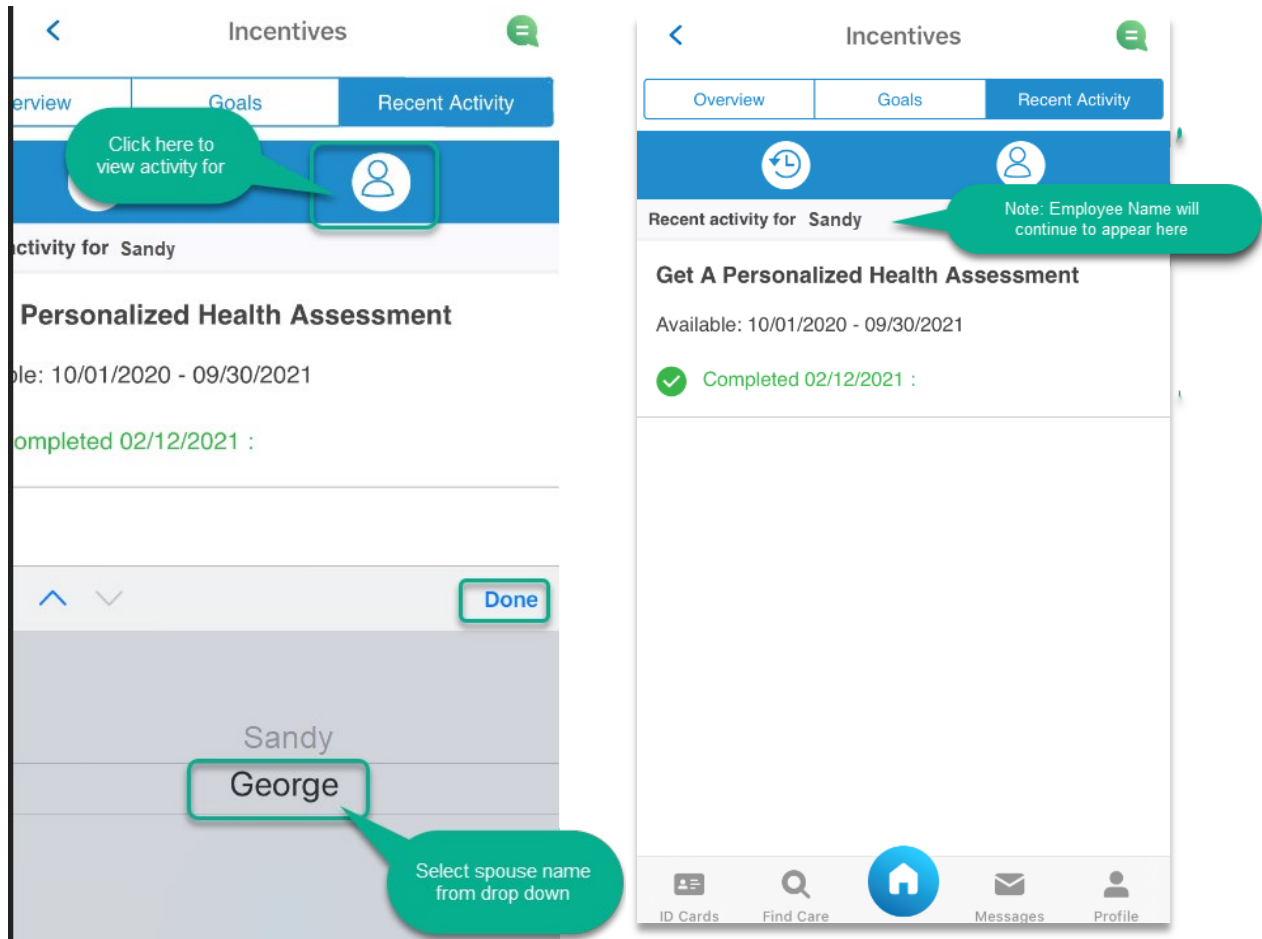


4. By selecting and viewing the 'Recent Activity' from the Incentive tab, you may view the recent points you earned (check for a completion date).





- To view activity for an enrolled spouse, go to 'Recent Activity' tab from the Incentive section. Click on the icon with the person on it and select their name from the drop down and click on done. This will show you the requirements completed by the spouse (check for a completion date checkmark – not a point awarded).



**NOTE:** Only employees earn points; spouses do not earn points. 0 points will always show for spouse completed goals and 'There are no incentives available for this plan year.'

**REMINDER:** To waive the monthly spousal surcharge for the medical plan, enrolled spouses must complete the Cigna Online Health Assessment and a preventive medical exam annually by the September 30<sup>th</sup> deadline.