

# Take care. Get rewarded.

City of Boulder– 2016 Incentives



Cigna MotivateMe Program®

**GO YOU.**



# Cigna Members: Ready to get started? Log in now.

Go to [myCigna.com](https://myCigna.com).

Enter your user ID and password or take this opportunity to register now.

LOGIN / REGISTER   HOW TO REGISTER   SITE BENEFITS

### Login to myCigna.com

User ID

Password

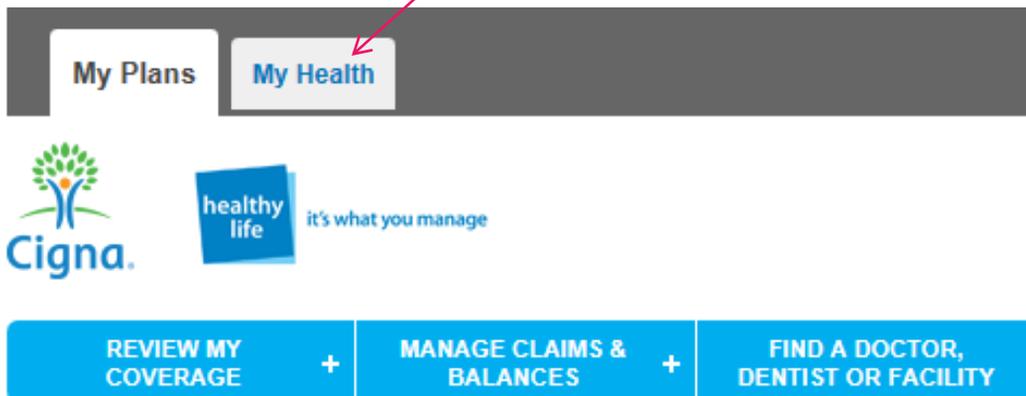
**LOGIN**

[Forgot User ID](#) | [Forgot Password](#) | [Login Help](#)

Don't have a user ID and Password?

**REGISTER NOW**   **REGISTRARSE EN ESPAÑOL**

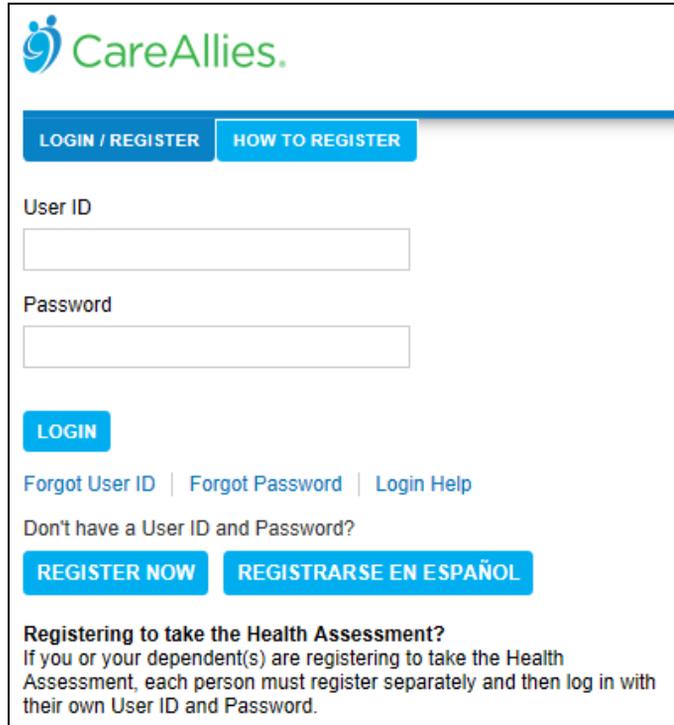
Click on **“My Health”** tab at the top left of your myCigna homepage



# Non-Cigna Members: Ready to get started? Log in now.

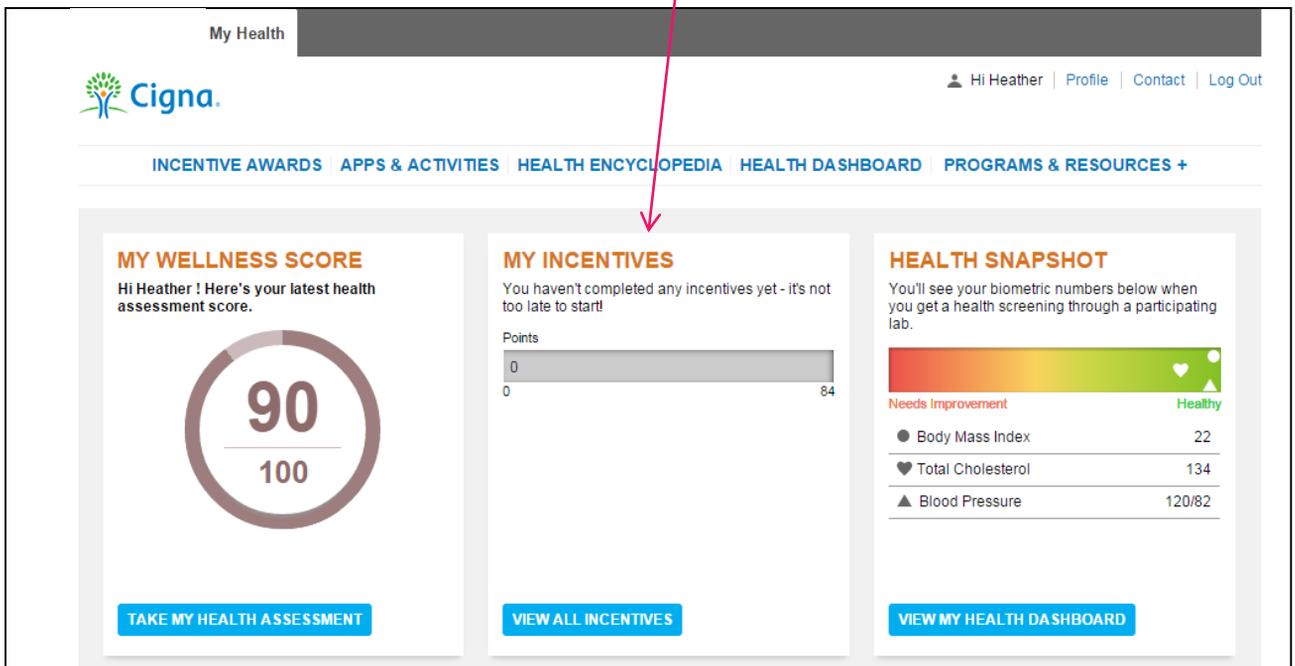
Go to [mycigna.com](https://mycigna.com).

Register using your SSN and create your username and password.



The screenshot shows the CareAllies website interface. At the top left is the CareAllies logo. Below it are two blue buttons: "LOGIN / REGISTER" and "HOW TO REGISTER". There are two input fields: "User ID" and "Password". Below these is a blue "LOGIN" button. Underneath are links for "Forgot User ID", "Forgot Password", and "Login Help". A question "Don't have a User ID and Password?" is followed by two blue buttons: "REGISTER NOW" and "REGISTRARSE EN ESPAÑOL". At the bottom, there is a section titled "Registering to take the Health Assessment?" with explanatory text: "If you or your dependent(s) are registering to take the Health Assessment, each person must register separately and then log in with their own User ID and Password."

Once you enter the site, you will see the “My Incentives” box in the center of the page. Click on the link to view your options for accumulating points



The screenshot shows the Cigna My Health dashboard. At the top left is the Cigna logo. To the right is the user name "Hi Heather" with links for "Profile", "Contact", and "Log Out". Below the header is a navigation bar with links: "INCENTIVE AWARDS", "APPS & ACTIVITIES", "HEALTH ENCYCLOPEDIA", "HEALTH DASHBOARD", and "PROGRAMS & RESOURCES +". The main content area is divided into three columns:

- MY WELLNESS SCORE:** A circular gauge showing a score of 90 out of 100. Text: "Hi Heather ! Here's your latest health assessment score." Below the gauge is a blue button: "TAKE MY HEALTH ASSESSMENT".
- MY INCENTIVES:** A progress bar showing 0 points out of 84. Text: "You haven't completed any incentives yet - it's not too late to start!". Below the bar is a blue button: "VIEW ALL INCENTIVES".
- HEALTH SNAPSHOT:** A color gradient bar from red to green, labeled "Needs Improvement" on the left and "Healthy" on the right. Below the bar is a table of biometric data:

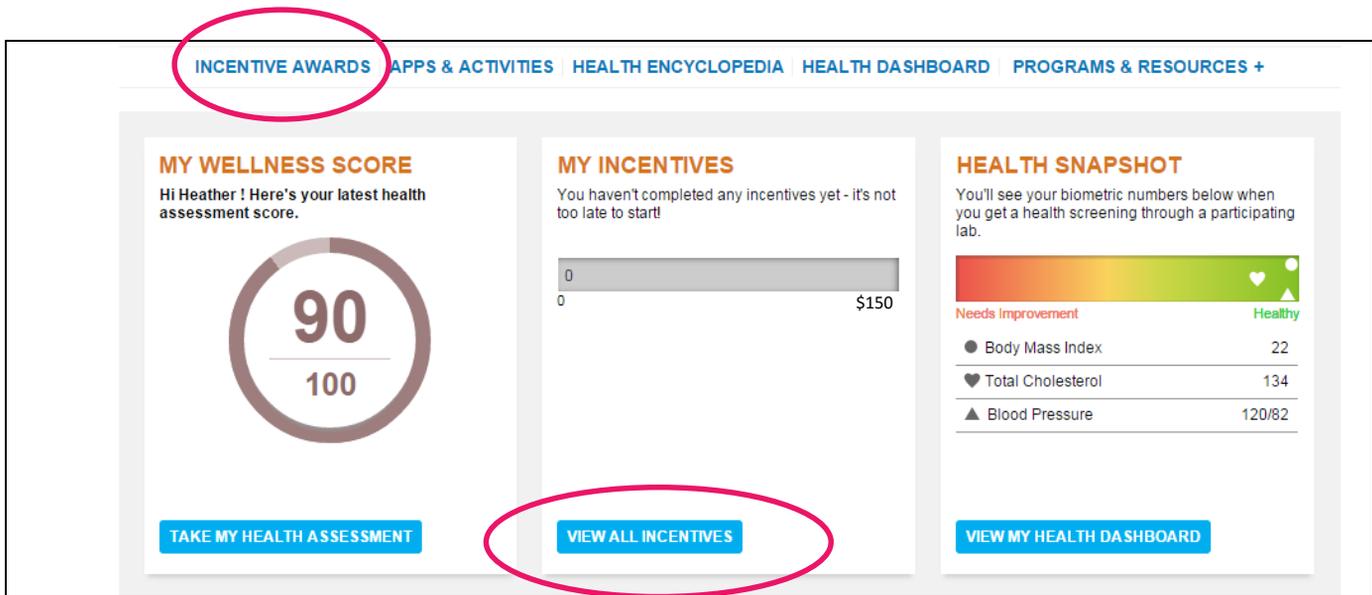
● Body Mass Index	22
♥ Total Cholesterol	134
▲ Blood Pressure	120/82

Below the table is a blue button: "VIEW MY HEALTH DASHBOARD".

A red arrow points from the text above to the "MY INCENTIVES" box.

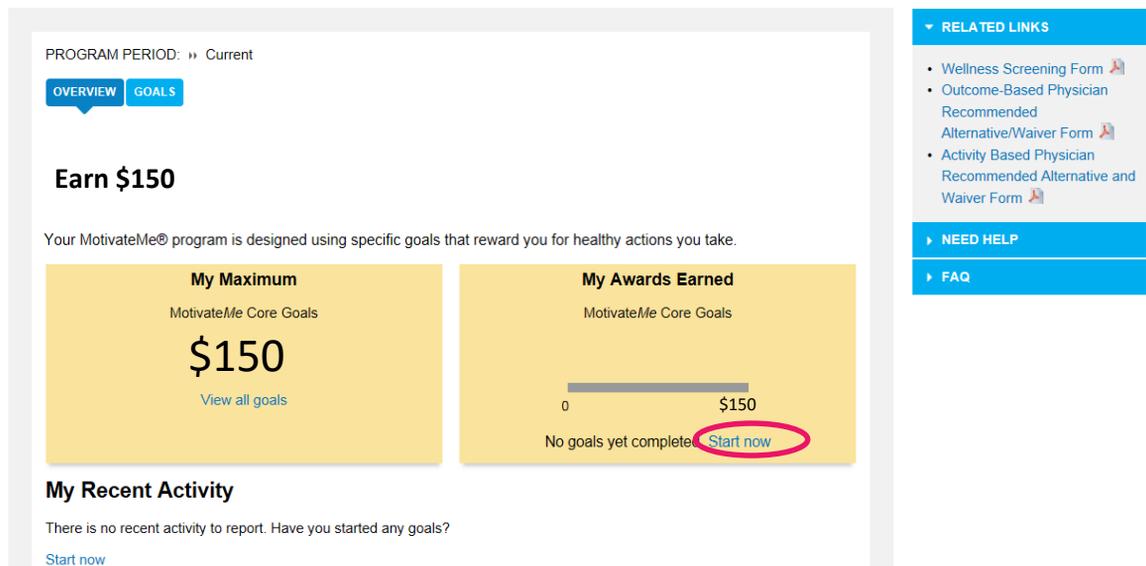
# LET'S GET STARTED!

To view the goals and points associated with the goals select "Incentive Awards" or "View All Incentives"



The overview page will give you a quick snapshot of the maximum amount that you can earn based on your coverage and where you are to date.

## Incentive Awards



To get started select the Start Now link

# Here you will see goals you can accomplish throughout the year to earn your debit card.

**Note:** The Health Risk Assessment and Biometric goals need to be completed by 10/31/2016 to earn your 2017 wellness credit. Once you complete goals, you will see a green check mark appear with the date that you completed that activity. You can also complete other goals to earn up to \$150 in a Visa Debit Card.

## Extra

### Earn an additional \$0 toward a premium reduction\*

Take advantage of the following extra goal(s) to earn even more awards--over and above the program maximums shown. Complete them at any time after completion of Step 1 goals.



#### Complete this group to earn the award:

! Complete all goals in group to earn the award

#### Get a personalized health assessment

✓ Completed on 01/11/2016

Available: 01/01/2016 - 10/31/2016

A confidential questionnaire that asks you about your health and well-being and provides a personalized assessment of your current health. (Don't forget, each person in your family taking the health assessment needs to register separately on myCigna.com.)

[Complete my health assessment](#)

#### Get a personalized biometric health screening

Available: 01/01/2016 - 10/31/2016

Know your numbers. Complete blood pressure, cholesterol, blood sugar and body mass index (BMI) screening.

[Download the Wellness Screening Form](#) and take to your appointment

If you are going to your doctor to have them draw blood for your biometric numbers, download and print the Wellness Screening Form located within the goal description. Your doctor will fill it out and fax it back to Cigna. This can take up to 1 months time to appear as completed.

# Below are the goals/incentives you can earn in 2016: Please view the website to see the complete list. Non-Medical participants will see a variation of a few goals

[Show details](#)

PROGRAM PERIOD: » Current

OVERVIEW

GOALS

## Core

Earn \$15 toward a debit card by completing these goals



**\$15**  
DEBIT CARD

### Complete my annual physical (preventive exam)

Available: 10/01/2015 - 09/30/2016

A low- or no-cost preventive exam that's used to reinforce good health, address potential and chronic problems.

Get your physical. You will be credited when your claim is processed.



**\$15**  
DEBIT CARD

### Get my annual OB/GYN exam (preventive exam)

Available: 10/01/2015 - 09/30/2016

A preventive exam that can identify early ovarian and cervical cancers, HPV (human papillomavirus), breast cancer and more.

Get your exam. You will be credited when your claim is processed.



**\$15**  
DEBIT CARD

### Get a mammogram (preventive exam)

Available: 10/01/2015 - 09/30/2016

Up to 90% of breast cancers are found using mammogram tests. Get tested and earn awards.

Get your mammo. You will be credited when your claim is processed.



**\$15**  
DEBIT CARD

### Get a colon cancer screening (preventive exam)

Available: 10/01/2015 - 09/30/2016

Colon cancer is *treatable when detected early*. Get tested.

Get tested. You will be credited when your claim is processed.



**\$15**  
DEBIT CARD

### Get a cervical cancer screening (preventive exam)

Available: 10/01/2015 - 09/30/2016

Pap and HPV tests can detect changes that lead to cervical cancer.

Get tested. You will be credited when your claim is processed.

# Continuation of goals: Please view the website to see the complete list. Non-Medical participants will see a variation of a few goals

Earn \$150 toward a debit card by completing these goals



**\$50**  
DEBIT CARD

## Make progress towards or achieve a personal health goal

Available: 01/01/2016 - 12/31/2016

Work with a trained health coach to set a personal health goal and make progress toward or achieve it.

**Call a health coach at the number on your ID card**



**\$50**  
DEBIT CARD

## Get help improving my lifestyle habits - Tobacco

Available: 01/01/2016 - 12/31/2016

Quitting tobacco is one of the most important things you can do for better health. A health coach can help you take that critical first step today.

**Call a health coach at the number on your ID card**



**\$50**  
DEBIT CARD

## Get help improving my lifestyle habits - Weight

Available: 01/01/2016 - 12/31/2016

If you're looking to get to your healthy weight, a health coach can set realistic goals and help you work toward achieving each one.

**Call a health coach at the number on your ID card**



**\$50**  
DEBIT CARD

## Get help improving my lifestyle habits - Stress

Available: 01/01/2016 - 12/31/2016

Lower your stress levels and raise your happiness levels by creating a personal stress management plan with a health coach.

**Call a health coach at the number on your ID card**

# Continuation of goals: Please view the website to see the complete list. Non-Medical participants will see a variation of a few goals

Earn \$150 toward a debit card by completing these goals



**\$25**  
DEBIT CARD

## Improve your Nutrition

Available: 01/01/2016 - 12/31/2016

Eating healthy is essential to your overall well-being. Complete the Eat Better online program to get your nutrition back on track.

[Let's get started](#)

View [alternate activities](#) to meet this goal



**\$25**  
DEBIT CARD

## Exercise for Better Health

Available: 01/01/2016 - 12/31/2016

Good fitness is important for better focus, higher energy and overall happiness. Complete the Enjoy Exercise online program.

[Let's get moving!](#)

View [alternate activities](#) to meet this goal



**\$25**  
DEBIT CARD

## Maintain a Positive Mood

Available: 01/01/2016 - 12/31/2016

Track your moods to better understand how they affect your overall well-being. Complete the Feel Happier online program.

[Learn more now](#)

View [alternate activities](#) to meet this goal



**\$25**  
DEBIT CARD

## Work Towards a Healthier Weight

Available: 01/01/2016 - 12/31/2016

Losing even a small amount of weight can help improve your health in many ways. Complete the Lose Weight online program.

[Let's get started](#)

View [alternate activities](#) to meet this goal



**\$25**  
DEBIT CARD

## Manage your Stress

Available: 01/01/2016 - 12/31/2016

Stress is unavoidable, but we can help you manage it. Complete the Conquer Stress online program.

[Learn how today](#)

View [alternate activities](#) to meet this goal



**\$50**  
DEBIT CARD

## Quit Tobacco - Six Month Program

Available: 01/01/2016 - 12/31/2016

Quit for good – and reduce many risk factors for health problems in your family. Complete the Quit Tobacco six month online program.

[Kick the habit for good](#)

View [alternate activities](#) to meet this goal

# Continuation of Goals: Please view the website to see the complete list. Non-Medical participants will see a variation of a few goals



**\$100**  
**(\$50 EACH)**  
**DEBIT CARD**

## Hip Program (2 per year)

Available: 01/01/2016 - 12/31/2016

If you participated in a health and wellness activity, it shows your commitment to a healthy lifestyle. Tell us about it.

[Report my goal activity](#)



**\$50**  
**DEBIT CARD**

## Active Fit

Available: 01/01/2016 - 12/31/2016

If you participated in a health and wellness activity, it shows your commitment to a healthy lifestyle. Tell us about it.

[Report my goal activity](#)



**\$100**  
**(\$50 EACH)**  
**DEBIT CARD**

## Stress Management Program (2 per year)

Available: 01/01/2016 - 12/31/2016

If you participated in a health and wellness activity, it shows your commitment to a healthy lifestyle. Tell us about it.

[Report my goal activity](#)



**\$10**  
**DEBIT CARD**

## Apps/Activities complete a challenge

Available: 01/01/2016 - 12/31/2016

If you participated in a health and wellness activity, it shows your commitment to a healthy lifestyle. Tell us about it.

 Completed on  
01/07/2016  
\$10 toward debit card

# After you've completed the program, here's how to redeem your incentive

- 1 Go to [myCigna.com](http://myCigna.com). Enter your user ID and password or take this opportunity to register now.

LOGIN / REGISTER | HOW TO REGISTER | SITE SECURITY

Login to myCigna.com

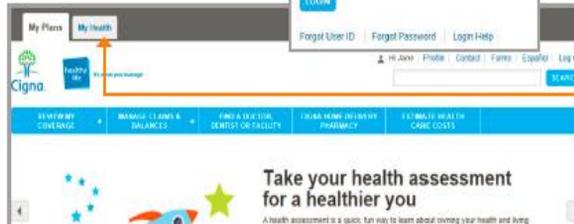
User ID

Password

LOGIN

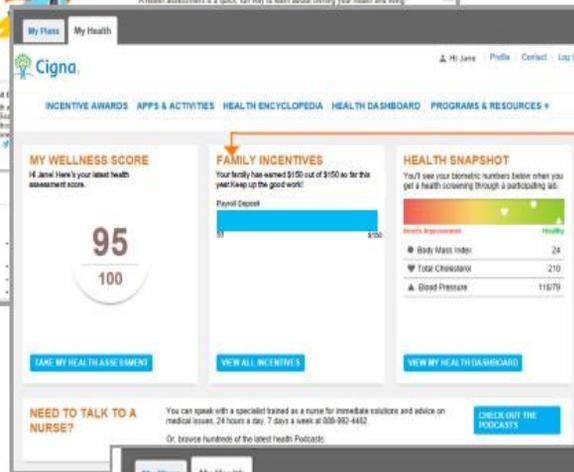
Forgot User ID | Forgot Password | Login Help

- 2 Click on My Health.

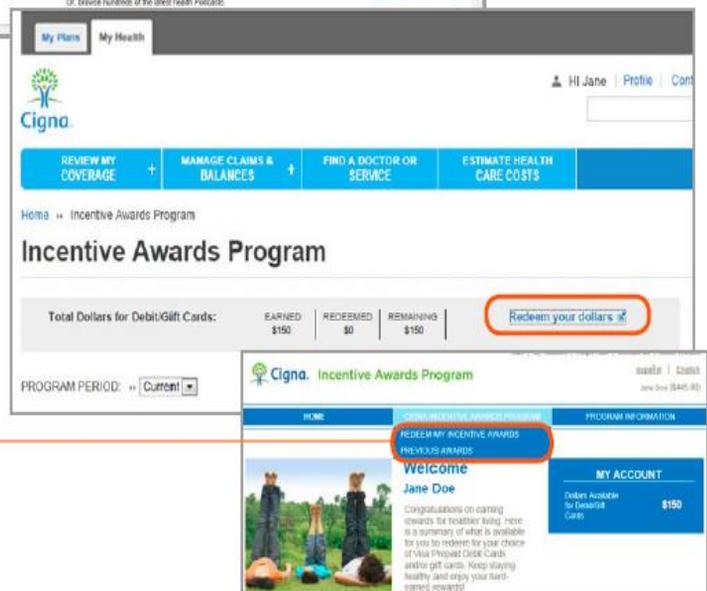


Congratulations on taking the first step to a healthier you (and happier wallet).

- 3 Then click on the Incentives Tile.



- 4 Redeeming your awards  
Once you've completed the program and earned your reward you can click here to visit the award redemption page.



# Additional Resources on the Health Dashboard:

- View the Apps & Activities you can participate in (voluntary)
- Look up any health information through the online encyclopedia
- Access coaching opportunities through the Programs and Resources link

The screenshot shows the Cigna Health Dashboard interface. At the top, there are tabs for 'My Plans' and 'My Health'. The Cigna logo is on the left, and user information 'Hi Heather' with links for 'Profile', 'Contact', and 'Log Out' is on the right. A navigation bar contains links for 'INCENTIVE AWARDS', 'APPS & ACTIVITIES', 'HEALTH ENCYCLOPEDIA', 'HEALTH DASHBOARD', and 'PROGRAMS & RESOURCES +'. Three blue arrows point from the top of the page to these three links. Below the navigation bar, the dashboard is divided into three main sections:

- MY WELLNESS SCORE:** A circular gauge showing a score of 90 out of 100. Text: 'Hi Heather ! Here's your latest health assessment score.' A button: 'TAKE MY HEALTH ASSESSMENT'.
- MY INCENTIVES:** A progress bar showing 0 points out of 84. Text: 'You haven't completed any incentives yet - it's not too late to start!' A button: 'VIEW ALL INCENTIVES'.
- HEALTH SNAPSHOT:** A color-coded bar ranging from red ('Needs Improvement') to green ('Healthy'). Text: 'You'll see your biometric numbers below when you get a health screening through a participating lab.' A table of biometric data:

● Body Mass Index	22
♥ Total Cholesterol	134
▲ Blood Pressure	120/82

A button: 'VIEW MY HEALTH DASHBOARD'.

# Health Risk Assessment Information:

**Get Started today: Take My Health Assessment –**  
*Average completion time is 8-10 minutes!*

**Welcome, HEATHER!**

You can have a positive impact on your health and life -- today.



By taking the assessment, you'll gain knowledge about what you are doing well and areas that may need work when it comes to things like nutrition, exercise, managing your stress, life/work balance. With this knowledge you will have the power to make positive changes in your life.

If you have health coaching available, we can find a program to help you create healthy habits. Best of all, you can retake the assessment and track your progress over time. How cool is that?

Are you ready to begin your journey to better health? We'll be with you every step of the way.

**NEXT**

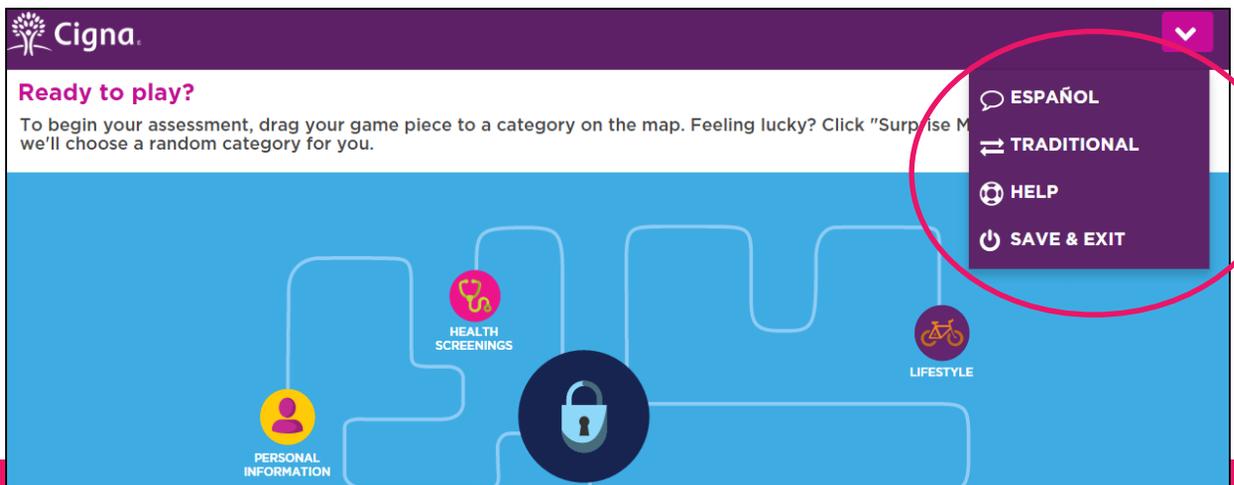
**Ready to play?**

To begin your assessment, drag your game piece to a category on the map. Feeling lucky? Click "Surprise Me" at the bottom left and we'll choose a random category for you.



There are different areas that the Health Assessment covers, each with some questions specific to that area (i.e. Health Screening, Lifestyle, Medical history etc.)

At any point in the Health Assessment you can simply select the drop down arrow on the top right part of your screen, where you can change the language to Spanish or move from the interactive version of the assessment to traditional or vice versa.



**Cigna**

**Ready to play?**

To begin your assessment, drag your game piece to a category on the map. Feeling lucky? Click "Surprise Me" at the bottom left and we'll choose a random category for you.

- ESPAÑOL
- TRADITIONAL
- HELP
- SAVE & EXIT

After you have completed your Health Assessment you will get a Wellness Score (updated every 24 hours), and you will see a comparison of your scores if you have taken the assessment more than once.



#### WELLNESS SCORE

Your last Wellness Score completed 01-02-2015

**90**

[HISTORY](#) [REPORT](#)

#### PROGRESS

You can retake your assessment at any time and track your progress.

[RETAKE MY ASSESSMENT](#)

#### PERSONAL INFORMATION

These are the answers from your last completed assessment

Total Cholesterol	--
HDL Cholesterol	Good/Normal
Blood Pressure	140/90
Weight	164 lbs
Waist	32.75 in
Height	5'11"

[EDIT](#)

At any time if you want to edit your biometric information, retake the Assessment or print out your wellness score history simply select "Take My Health Assessment" it will lead you to this page.

## FAQ for City Of Boulder's Wellness Portal through myCigna.com

### **1. Do I need to register on MyCigna.com to access the incentives?**

Yes. Create your account by clicking "register now" and enter in your personal info. You can register via SSN or U number on your medical card.

### **2. What if I don't have Cigna Medical?**

You still register through the same portal mycigna.com but register through your SSN b/c you don't have a U Medical number

### **3. Once I'm logged in, where do I go?**

To view your incentive information click on the "My Health" tab in the upper left hand corner. Once you enter that tab, you will see the "My Incentives" section in the middle of the page.

### **4. What does it mean by "premium reduction"?**

This is referring to your wellness credit for 2017.

### **5. Why don't I see some of the same goals as my co-worker?**

Screening goals are specific to age and gender.

### **6. What if I go in for my preventative visit and they code it as diagnostic?**

You need to make sure you schedule and keep the appt. to a wellness visit. If you speak about ailments, you may see that change the diagnostic code and you won't receive credit for the visit.

### **7. What if I can't complete one of the goals due to restrictions?**

Click on the "Alternative Activities" link within each goal to see the alternatives for each goal.

### **8. Can I let my rewards accumulate, or do I have to redeem them after each goal is completed?**

Either. You can let the dollars accumulate throughout the year and redeem, or you can redeem as often as you'd like with at least a \$10 minimum value.

**9. If I'm going to get my biometric values through my doctor's office, what do I need to take with me?** Bring the wellness screening form by clicking on the link within the goal or by clicking the link for the "Wellness screening form" on the right hand side of the screen.

### **10. Can I upload my wellness screening form through myCigna.com?**

Yes! This is now available.

### **11. Can I still access my information through SimplyWell?**

No- you were notified by the City of Boulder to make sure and print off anything you wanted by the end of 2015.

## [FAQ for City Of Boulder's Wellness Portal through myCigna.com](#)

### **12. When do I have to redeem my gift cards?**

By the end of the year (12/31/16)

FAQ for City Of Boulder's Wellness Portal through myCigna.com

### **13. Will my previous Health Risk Assessment scores be available on myCigna.com?**

Yes. That upload is taking place now.

### **12. Is there a cost of health coaching? No.**

### **14. What is the cap amount I can earn in gift cards? \$150**

### **15. Can I choose from any of the goals to earn up to my cap amount? Yes.**

### **16. How do I redeem my gift cards?**

Once you have earned your incentives there will be a blue hyperlink at the top of the "incentives rewards" page that says, "redeem my card" Click that and it will take you to another site to redeem your card, it will verify where you want the card sent, (you can gift it to another individual if you would like) and then you should receive a confirmation once that process is complete.

### **17. Are spouse's eligible to participate for the incentives? Not at this time.**

### **18. Can you see your HSA balance on myCigna.com? No not at this time.**

### **19. Can Family members create their own myCigna.com log in? Yes**

### **20. Are the gift cards taxable? No because of the increments that they are earned in.**