

## 2021 MotivateMe quick reference guide—all Cigna plans

Goal type	Description	Subscriber	Spouse	Timing
Health assessment	Complete a personalized health assessment on mycigna.com	\$100	\$30	4 days
Achieve a healthy outcome	<b>BMI &lt; 30</b> or improve by 10% <b>Fasting blood sugar &lt; 100 mg/dl</b> <b>LDL cholesterol ≤ 129 mg/dl</b> <b>Blood pressure ≤ 139/89</b>	\$75 \$75 \$75 \$75	\$25 \$25 \$25 \$25	60-90 days
Complete preventive care appointments	<b>Annual physical with NH network PCP</b> <b>Annual physical</b> <b>Annual OB/GYN visit</b> <b>Cervical cancer screen</b> <b>Colonoscopy (preventive or diagnostic)</b> <b>Mammogram (preventive or diagnostic)</b>	\$175 \$125 \$75 \$50 \$50 \$50	\$60 \$40 \$20 \$20 \$20 \$20	30 days 30 days 30 days 30 days 2 months 2 months
Complete a screening	<b>Skin cancer screening</b> <b>Prostate cancer screening</b>	\$50 \$50	\$20 \$20	30 days 30 days
Get a flu shot	Receive flu vaccine in 2021	n/a	\$20	30 days
Telephonic lifestyle coaching	Talk to a health coach to improve: <b>Stress</b> <b>Eliminate tobacco</b> <b>Lose weight</b>	\$50 \$50 \$50	\$25 \$25 \$25	Varies based on goals set with the coach
Lifestyle management courses online or by phone	Complete courses: <b>Improve your nutrition</b> <b>Quit tobacco</b> <b>Manage your stress</b> <b>Work towards a healthier you</b> <b>Maintain a positive mood</b> <b>Exercise for better health</b>	\$50 \$50 \$50 \$50 \$50 \$50	\$25 \$25 \$25 \$25 \$25 \$25	10-15 days
Novant Health living healthy programs	<b>Living healthy events</b> —ex. wellness challenges or community walks (limit 4) <b>Living healthy wellness webinars</b> (limit 4)	\$75 \$75	n/a n/a	Updated quarterly

Team members can earn up to \$900 in HRA incentive dollars and spouses can earn up to \$275. Incentive awards are HRA dollars placed in your Novant Health medical plan. **To access your MotivateMe information visit [myCigna.com](https://mycigna.com) > wellness > wellness incentives.**

**Biometrics**—LDL values can be dated from 1/1/19 to 12/31/21 and fasting blood sugar values can be dated from 1/1/20 to 12/31/21 to apply towards 2021 incentives. BMI and BP must be submitted with a 2021 date for 2021 incentives.

Biometrics will be processed in one of the following ways:

1. If a team member and/or covered spouse sees a Novant Health provider and their information is documented in Dimensions the data will be transferred via file transfers monthly for processing.
2. If a non-Novant Health provider is seen the team member and/or covered spouse will need to have his or her provider complete a wellness screening form and submit it following the instructions on the form. The form can be located at [mycigna.com](https://mycigna.com) > wellness > wellness incentives.
3. If you do not meet a biometric outcome goal a reasonable alternative is available through [myCigna.com](https://mycigna.com). You can submit biometric values at any time during the 2021 calendar year.

**Preventive care**—Annual physicals must be submitted by a primary care provider (PCP), ob-gyn visits must be submitted by an ob-gyn provider and cervical cancer screens can be submitted by either a PCP or OB/GYN provider.

**Annual physical with a NH network PCP**—this goal is awarded when you complete your annual physical with a Novant Health network PCP, general medicine or internal medicine provider.

**Screening exams**—these goals can be submitted from a preventive care appointment OR a specialist appointment. PCPs or a specialist can submit these claims for incentives.

**Living healthy programs**—these can be found in our well-being portal, [livehealthynovanthealth.com](https://livehealthynovanthealth.com), and are advertised on I-Connect and in newsletters.

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CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-890-5420