



ENJOY REWARDS AND RESOURCES

Reach your health goals and get gift cards too!

The City of Richmond cares about employee health. So, we're providing rewards for employees taking healthy steps. **Earn up to \$50 in gift cards*** when you complete any of these activities (and report when necessary) **from January 1, 2024 to December 31, 2024.**

HEALTHY STEP	DESCRIPTION	POINTS EARNED
Annual preventive physical	Your visit should include a biometric screening for full cholesterol panel, blood sugar, blood pressure, height and weight.	20
Health assessment	Complete it at myCigna.com, July 1–August 31, 2024. You'll need the biometric numbers from your annual check-up. Points will be reported in September 2024.	10
Prostate/PSA exam (preventive)	A prostate screening may be able to detect changes that may lead to prostate cancer.	10
Mammogram (preventive)	Breast cancer may be detected earlier using mammogram tests.	10
Flu shot	Get your annual flu shot at your health care provider's office or in-network pharmacy.	5
Colonoscopy (preventive)	Colon cancer may be treatable when detected early.	10
Health coaching by phone	Work with a Cigna coach to make progress toward a goal to overcome a health issue or manage a chronic condition.	10
Online coaching	Complete any of the programs at myCigna.com to improve your nutrition, manage diabetes, control asthma, quit tobacco, reduce stress or manage your weight.	5 per program (10 points max)
Dental Check Up	It's important to visit a dentist every six months for a regular check-up and cleaning.	5 per exam (10 points max)
Cigna Diabetes Prevention Programs	Complete all nine lessons of the 16-week Cigna Diabetes Prevention Program in collaboration with Omada. Program eligibility requirements apply.	5

Self-reported activities on myCigna.com.

Walking, running or biking event	Take part in an event through a national organization. Self-report this activity at myCigna.com .	5
Exercise classes	Take part in an exercise class. Self-report this activity at myCigna.com .	5 per class (20 points max)
Cigna employee assistance program (EAP)	Attend a Cigna EAP wellness session or webinar. Self-report this activity at myCigna.com .	5 per session/webinar (10 points max)
COVID-19 vaccine	Receive your COVID-19 vaccine or booster. Self-report this activity at myCigna.com .	15

One point is equal to one dollar and the maximum total you can redeem in points in 2024 is \$50



Don't forget

To earn points for an annual preventive Physical, mammogram or colonoscopy, the visit must be billed as preventive and not diagnostic. Points will be awarded once your claim has been processed or your health coach has reported progress toward your goal has been made.

For all participants-If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Cigna at **800.Cigna24 (800.224.6224)**, and they will work with you and, if you wish, with your provider.

For participants who may have an impairment-If you are unable to participate in any of the program events, activities or goals because of a disability, you may be entitled to a reasonable accommodation for participation, or an alternative standard for rewards. For worksite accommodations, please contact the City's Wellness Coordinator, at 804.646.4705. For accommodations with online, phone or other Cigna programs, please contact Cigna at **800.Cigna24 (800.224.6224)**

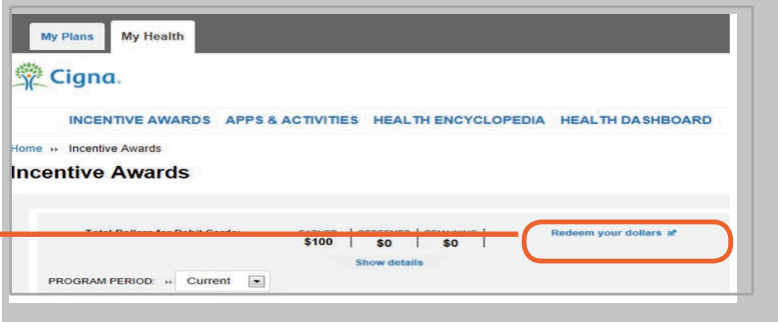
Together, all the way.®



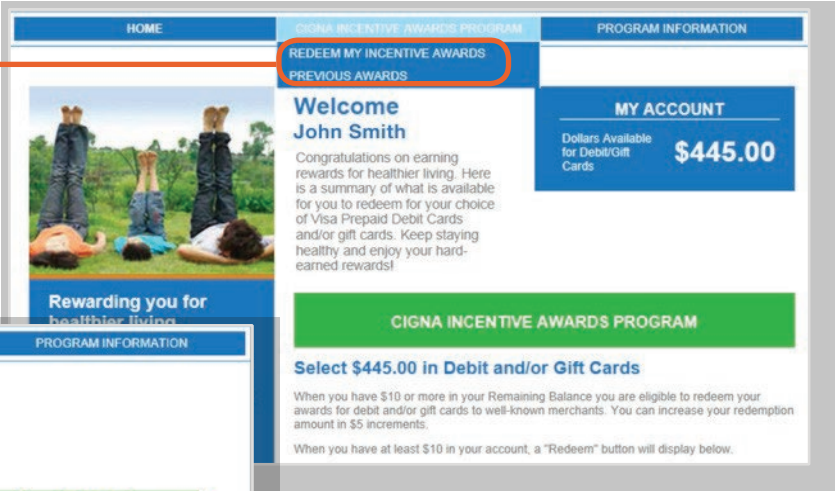
It's easy to get your gift cards

Redeem your incentive award as a gift card at myCigna.com

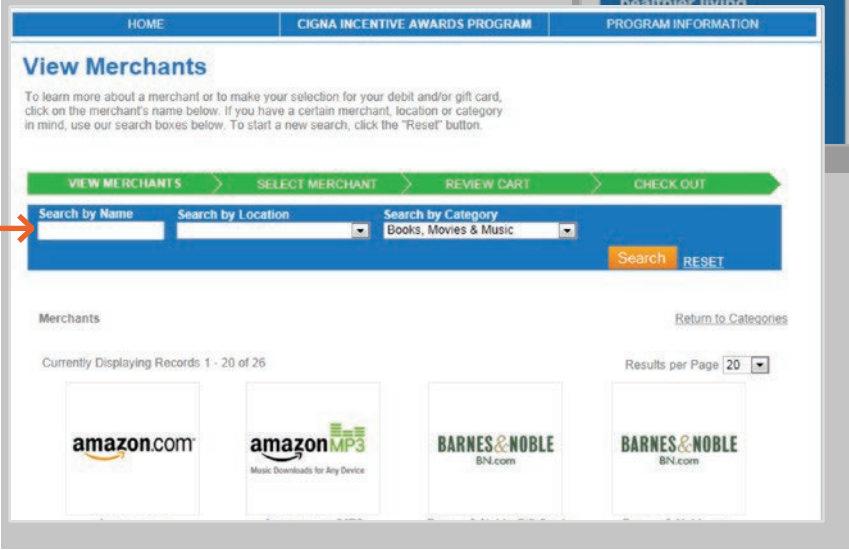
Step 1: Once you've earned your points click here to visit the award redemption page



Step 2: Click on "Redeem My Incentive Awards"



Step 3: Select from a list of gift cards and fill in your contact information for delivery of your card



Images are for illustrative purposes only. Incentive awards may vary.



Important dates

Points earned in 2024 can be redeemed online for gift cards until **January 30, 2025**.



Cigna Healthy Pregnancies, Healthy Babies[®] program

Talk with a pregnancy coach during your pregnancy and after your baby is born. Enroll in your first trimester to earn a \$150 gift card (\$75 for second trimester) from January 1 to December 31, 2024. Go to myCigna.com > **Wellness > Wellness & Incentives**.

*Please refer to the relevant merchant for terms and conditions which may apply to your receipt and use of any gift card. Gift cards may be considered taxable income. Please contact your tax advisor for details. Cigna is not responsible for lost or stolen gift cards.

The information provided in this document is for educational purpose only. It is not medical advice. Always consult with your provider for appropriate examination, treatment, testing and care recommendations.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Cigna Health Management, Inc. and Cigna Behavioral Health, Inc.. The Cigna name, logo and Cigna marks are owned by Cigna Intellectual Property, Inc. All pictures are used for illustrative purposes only.