

# MotivateMe FAQ's

## What is the purpose of MotivateMe?

MotivateMe is an incentive program for employees and retirees who subscribe to a Fairfax County health plan. The purpose of the program is to encourage participants to *actively* engage in their health and wellbeing through a relationship with their primary care provider, educational activities, and screenings.

## How do I register?

Participants don't need to register for MotivateMe, specifically. Subscribers to a Fairfax County health plan are automatically enrolled in the MotivateMe program.



## Who can participate in MotivateMe?

Fairfax County Government employees and retirees who are over the age of 18 and subscribe to a County health plan (Cigna or Kaiser Permanente) are eligible to participate and earn rewards.

## How do I manage my MotivateMe points?

Participants can manage their MotivateMe points through their health plan's portal. Cigna members can log into [mycigna.com](http://mycigna.com). Kaiser members can log into [kp.org/engage](http://kp.org/engage).

## What activities are required to earn rewards?

**New for 2019--there are two requirements to earn rewards.** Participants must have an annual physical **AND** complete their health plan's online health assessment during the calendar year. Additional points and activities can be completed or tracked before the requirements are completed, but points will not be awarded until the physical and health assessment are complete.

## Does my CDL exam or public safety physical through Occupational Health count as the annual physical?

**No. Starting in 2019, all physical exams must be completed through a primary care provider.** The goal of MotivateMe is to encourage employees and retirees to build a relationship with a primary care provider and remain **actively engaged** in their health and wellbeing throughout the year.

## I had an annual physical this year, but haven't received credit for it. What should I do?

It can take up to 5 weeks for an annual physical to appear in the wellness portal. If it has been 5 weeks and you do not see the credit in your wellness portal, please contact [LiveWell@fairfaxcounty.gov](mailto:LiveWell@fairfaxcounty.gov). *Tip: Let your health care provider know that the visit is a well visit when you schedule the exam and confirm the coding before you leave the office visit.*

## Does an annual "well woman" exam through an OB/GYN count as a wellness visit?

No. The preventive exam must be completed through a primary care provider and is different from a well woman exam.

## When, and how, do I receive my MotivateMe rewards?

Rewards will be available in March of the following year. Employees enrolled in Kaiser or the CIGNA 80%, 90%, or co-pay plans will receive their rewards in a healthcare Flexible Spending Account (FSA). Employees enrolled in the CIGNA MyChoice plan will receive the rewards into their Health Savings Account (HSA).

## Do I have to have a healthcare flexible spending account in order to receive rewards?

Rewards will be placed into an existing flexible spending account or, if you do not have one, Fairfax County will open an account on your behalf, using just the MotivateMe rewards earned during the prior year.



## Did you know...

Fairfax County Cigna members are eligible to receive one annual physical per calendar year. The exam can take place anytime during the year, January-December. Plan ahead - receive your preventive exam before October to ensure that it is credited to MotivateMe before the year end.

# MotivateMe



## Total Well-Being Incentive Rewards 2019

**Earn up to \$200 per year for making healthy choices!**

**Cigna subscribers:** Cigna subscribers must track and manage their rewards through [mycigna.com](http://mycigna.com). Cigna participants are required to complete a physical with a primary care provider **and** Cigna's online health assessment annually to receive any rewards. All activities must be completed and tracked on [mycigna.com](http://mycigna.com) by December 31, 2019.

**Kaiser Permanente subscribers:** Kaiser Permanente subscribers must track their rewards using a paper "passport". The passport can be downloaded from the LiveWell website on FairfaxNet or by emailing [LiveWell@fairfaxcounty.gov](mailto:LiveWell@fairfaxcounty.gov). Kaiser participants are required to complete Kaiser's total health assessment at [kp.org](http://kp.org) every year. Annual physical and biometric screening results must **also** be up to date in Kaiser's medical portal to meet the physical requirement. The completed "passport" must be scanned and emailed to [LiveWell@fairfaxcounty.gov](mailto:LiveWell@fairfaxcounty.gov) by December 31, 2019.

Goal Type	Description	Award Type	Amount
<b>Annual physical</b>	A preventive exam with a primary care provider, including lab work, that's used to reinforce good health and address potential or chronic health issues.	<b>Required annually for Cigna members</b>	Combined \$100 for completing both goals
<b>Health Assessment: Employee</b>	A confidential online questionnaire that asks about your health behaviors and wellbeing. Available through <a href="http://mycigna.com">mycigna.com</a> or <a href="http://kp.org">kp.org</a> .	<b>Required annually for Cigna members</b>  <b>Required annually for Kaiser members</b>	
<b>Health Assessment: Spouse covered under a Fairfax County health plan</b>	A confidential questionnaire that asks about your health behaviors and wellbeing. Spouses must be covered under a Fairfax County health plan.	One per year	\$25
<b>Screenings</b>	Choice of one screening per year: <ul style="list-style-type: none"> <li>• Colon cancer screening</li> <li>• Cervical cancer screening</li> <li>• Prostate cancer screening</li> <li>• Skin cancer screening</li> <li>• Mammogram</li> </ul>	One per year	\$30
<b>Online Health Coaching</b>	Online health coaching programs, available through <a href="http://mycigna.com">mycigna.com</a> or <a href="http://kp.org">kp.org</a> .	One per year	\$10
<b>Telephonic Health Coaching</b>	Reach your health goals with personalized coaching. Call your health plan's member services number to access a coach.	One per year	\$10
<b>Dental Exam*</b>	Visit your dentist for a dental/oral examination.	Two per year	\$5 each
<b>Vision Exam*</b>	Visit an optometrist, ophthalmologist or other eye health professional for a vision exam.	One per year	\$10
<b>LiveWell-Sponsored Workshop*</b>	Participate in a live, on-site LiveWell workshop.	Two per year	\$10 each
<b>LiveWell-Sponsored Webinar*</b>	Participate in a live, online LiveWell webinar through Cigna, Kaiser Permanente, the EAP, Weight Watchers, and other partners.	Three per year	\$5 each

**Tip: Plan ahead. Complete your goals as early as possible to ensure that the activities are fully completed and tracked by the end of the year.**