

Total Wellbeing Program 2022 - Earn up to \$250 per year

GOAL TYPE	DESCRIPTION	AWARD TYPE	AMOUNT
Health Assessment	Required annually for all subscribers. Complete on mycigna.com or kp.org/tha	1 per year	\$100 - BOTH are REQUIRED to earn any rewards
Annual Physical	Required annually for all subscribers. Preventive, primary care exam	1 per year	
Health Assessment-Spouse	Complete on mycigna.com or kp.org/tha	1 per year	\$25
Annual Physical-Spouse	Preventive, primary care exam	1 per year	\$10
Preventive Screening	Choice of 1 screening per year: colon, cervical, prostate, mammogram, OR annual OB/GYN preventive exam	1 per year	\$30
Preventive Screening-Spouse	Choice of 1 screening per year: colon, cervical, prostate, mammogram, OR annual OB/GYN preventive exam	1 per year	\$30
Omada	Complete at least 16 lessons of a Fairfax County-sponsored Omada program: https://go.omadahealth.com/fairfaxcounty	1 per year	\$25
Omada-Spouse	Complete at least 16 lessons of a Fairfax County-sponsored Omada program: https://go.omadahealth.com/fairfaxcounty	1 per year	\$25
Complete the Cigna Wellness Screening Form*	Complete the wellness screening form and upload it to mycigna.com . Cigna members only.	1 per year	\$10
Complete the Cigna Wellness Screening Form-Spouse*	Complete the wellness screening form and upload it to mycigna.com . Cigna members only.	1 per year	\$10
Achieve Health Outcomes	Achieve: Blood pressure level of less than or equal to 139/89 OR Healthy cholesterol ratio of <= 4.4 (women), <= 5 (men), OR Fasting blood sugar level of <100 mg/dl OR Non-fasting blood sugar level of less than 140 mg/dl	1 per year	\$30
Telephonic Health Coaching	Make progress toward a health goal with a coach Achieve a health goal with a coach	Progress: 1 per year Achieve: 1 per year	\$10 \$30
Dental Exam*	Visit your dentist for a dental/oral exam	2 per year	\$10 each
Vision Exam*	Visit an optometrist or ophthalmologist for a vision exam	1 per year	\$5
Tobacco Free Pledge*	Attest to being tobacco free, or complete a cessation program	1 per year	\$5
LiveWell Classes*	Participate in live webinars or workshops sponsored by LiveWell (in-person or virtual)	5 per year	\$10 each
COVID-19 Vaccine*	Receive the complete COVID-19 vaccine series (or complete 1-dose vaccine) or receive the COVID-19 vaccine booster	1 per year	\$5 each
EAP & Behavioral Health*	Complete at least 3 visits with an EAP or behavioral health provider (in-person or virtual)	1 per year	\$15
Blood Donation*	Donate blood at a community drive, donation center, or LiveWell-sponsored blood drive	2 per year	\$5 each
Complete a Community Race*	Participate in a community 5k, 10k, marathon, etc.	1 per year	\$10
Stay Physically Active*	Exercise at least 3 hours per week for at least 8 weeks at the Employee Fitness & Wellness Center or on BurnAlong	1 per year	\$10

*Indicates self-reported activity via mycigna.com

Questions? 703.324.3311, LiveWell@fairfaxcounty.gov

MotivateMe Employee 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 preventive care.

How does MotivateMe work? Cigna subscribers track and manage their rewards through 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 posted on mycigna.com by December 31.** 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. Kaiser participants are required to complete Kaiser's total health assessment at kp.org/tha 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 by December 31.**

How do I register? Participants don't need to register for MotivateMe, specifically. Eligible subscribers in 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 80%, 90% or MyChoice or Kaiser Permanente) are eligible to participate and earn rewards. Retirees who subscribe to a UnitedHealthcare or Cigna Medicare Advantage plan are ineligible to participate in MotivateMe.



What activities are required to earn rewards? **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. **Points must be posted to the MotivateMe portal by December 31 or rewards will not be given.** 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 completed and posted. Items marked with an asterisk are self-reported, through the MotivateMe portal or passport.* Subscribers can earn up to \$250 per year.

Does my CDL exam or public safety physical through Occupational Health count as the annual physical? **No. 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 may take approximately 8 weeks for claims-based activities such as an annual physical or cancer screening (mammogram, colonoscopy, etc.) to appear in the MotivateMe portal. If it has been 8 weeks and you do not see the credit in your wellness portal, please contact 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 an annual physical? No. The annual physical must be completed through a primary care provider and is different from a well woman exam. The well woman exam may count as the annual OB/GYN 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%, or 90%, 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). Maximum HSA contribution amounts apply.

Do I have to have a healthcare flexible spending account in order to receive rewards? No. Rewards will be placed into an existing healthcare flexible spending account or, if you do not have one, Fairfax County will open an account on your behalf, using just the MotivateMe rewards.

What do you mean "tobacco free"? Being tobacco free includes not vaping or using any form of tobacco for smoking (cigarettes, cigars, bidis, JUUL, etc.) or smokeless tobacco.

Where can I find the Cigna wellness screening form? Download the form from mycigna.com or from the [LiveWell website](https://www.fairfaxcounty.gov/live-well). Return the form to Cigna using the instructions at the top of the form. It may take several weeks for the form to be processed, so plan ahead to meet the December 31st deadline. All forms must be processed and posted to the MotivateMe portal on mycigna.com by December 31.

Who can I contact with questions? Email LiveWell@fairfaxcounty.gov or call HR Central at 703.324.3311. Plus, participate in quarterly MotivateMe webinars to learn more about the program.