

MotivateMe

Retiree Total Wellbeing Program 2024 - Earn up to \$250 per year

Make healthy choices. Get rewarded. It's as simple as that with MotivateMe. Retirees enrolled in the Cigna 80%, 90%, MyChoice, or Kaiser Permanente health plans are eligible to earn up to \$250.

You're always working for the year ahead, so your hard work will pay off in March of the following year. Rewards will be distributed into pension checks. Visit mycigna.com or download the Kaiser passport from FairfaxNET to get started. Complete as much as possible by October.

The journey of a healthy life begins with the first step-- let's get started!



GOAL TYPE	DESCRIPTION	AWARD TYPE	AMOUNT
Annual Physical	Required annually for all subscribers. Preventive, primary care exam	1 per year	\$200 - REQUIRED to earn any rewards
Preventive Screening	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. Apply: https://go.omadahealth.com/fairfaxcounty	1 per year	\$20
Dental Exam*	Visit your dentist for a dental/oral exam	2 per year	\$10 each
Vision Exam*	Visit an optometrist or ophthalmologist for a preventive vision exam	1 per year	\$10
Behavioral Health*	Complete at least 3 visits with a behavioral health provider (in-person or virtual) for mental wellbeing	1 per year	\$20
Retirees Only* Benefits Academy	Participate in a Retiree Benefits Academy session in 2024	2 per year	\$10 each

Participants must complete the annual physical AND at least 2 other activity categories to earn any rewards.

*Indicates self-reported activity via mycigna.com

Questions? 703.324.3311, LiveWell@fairfaxcounty.gov

MotivateMe Retiree 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. **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 obtained by emailing LiveWell@fairfaxcounty.gov or can be downloaded from the Retiree Benefits website. 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" can be scanned and emailed to LiveWell@fairfaxcounty.gov, mailed, or delivered, in-person to LiveWell at 12000 Government Center Parkway, Suite 270, Fairfax, VA 22035. **All passports must be received by December 31.** You must be subscribed to an eligible medical plan at the time rewards are distributed to receive your rewards.

When can I complete activities? We suggest **completing as many MotivateMe activities as possible by October** to ensure they meet the December 31 deadline. It can take up to 8 weeks for claims-based activities, and 48 hours for self-reported activities, to post to mycigna.com. Do not wait until December to complete or enter your activities as they may not be posted by the deadline.

How do I register? Participants don't need to register for MotivateMe. Subscribers to an eligible Fairfax County Cigna (80%, 90%, or MyChoice) or Kaiser Permanente medical plan are automatically eligible in the MotivateMe program.

Who can participate in MotivateMe? Fairfax County Government employees and retirees over the age of 18 who subscribe to an eligible County medical plan (Cigna 80%, 90%, MyChoice, or Kaiser Permanente) are eligible to participate and earn rewards.

Participants in the Cigna Medicare Advantage plan or UnitedHealthcare (UHC) Medicare Advantage plan have access to their own wellness and incentive programs, and do NOT have access to MotivateMe.

What activities are required to earn rewards? **There are two requirements to earn rewards.** Participants must have an annual physical **AND** complete at least 2 other activity categories to earn any rewards. Points must be posted to the MotivateMe portal by December 31 on mycigna.com or submitted to LiveWell via Kaiser Passport by December 31 or rewards will not be given. Items marked with an asterisk* are self-reported, through the MotivateMe portal or passport. Subscribers can earn up to \$250 per year.

Does a Medicare physical count toward the MotivateMe annual physical exam requirement? Yes. Send your explanation of benefits (EOB) or written documentation for claims-based activities (i.e. annual physical, colonoscopy, mammogram, etc.) showing your name, exam type, provider name, and date of exam to LiveWell@fairfaxcounty.gov or mail it to Fairfax County DHR c/o LiveWell at 12000 Government Center Parkway, Suite 270, Fairfax, VA 22035. **LiveWell must receive Medicare documentation by December 31.**

I had an annual physical this year, but haven't received credit for it. What should I do? It may take up to 8 weeks for an annual physical or claims-based activity (i.e. colonoscopy, mammogram, etc.) to appear in the MotivateMe portal. If it has been 8 weeks and you do not see the credit in the MotivateMe portal on mycigna.com, please email LiveWell@fairfaxcounty.gov for assistance. If the coding is incorrect and the activity has not posted to the MotivateMe portal by December 31, you will not receive rewards for this activity, even if the exam or activity was completed by the deadline. *Tip: Let your health care provider know that the visit is a well visit when you schedule your physical 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? Retirees will receive their rewards in their pension check within the first quarter of the following year.

Where can I find the Retiree Benefits Academy schedule? The Retiree Benefits Academy is a series of webinars held throughout the year by LiveWell and the Benefits Division, and vendor partners. The schedule of events can be found on the Retiree Benefits website under Resources and Video Library: <https://www.fairfaxcounty.gov/hr/department-human-resources-retiree-benefits>

Who can I contact with questions? Email LiveWell@fairfaxcounty.gov or call HR Central at 703.324.3311. MotivateMe webinars are offered quarterly to provide more information about the program.