

MotivateMe

Healthy You. Happy Wallet.

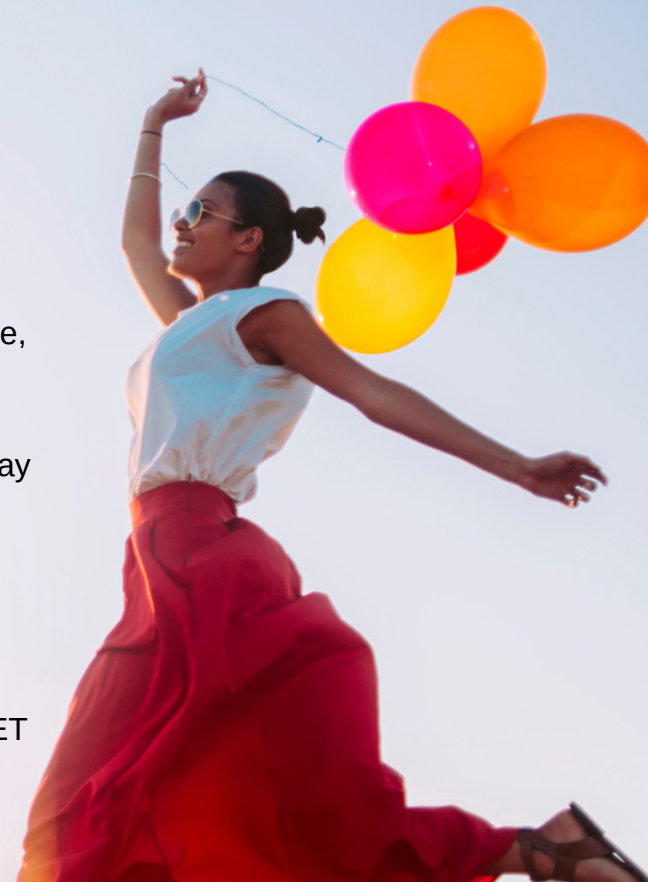
Employee Total Wellbeing Program 2024

Earn up to \$250 per year

Make healthy choices. Get rewarded. It's as simple as that with MotivateMe. Employees 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. The funds will help off-set out of pocket medical expenses through a healthcare flexible spending account, or, for members in the MyChoice plan, a health savings account.

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 of a Fairfax County-sponsored Omada program: 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 vision exam	1 per year	\$10
EAP & Behavioral Health*	Complete at least 3 visits with an EAP or behavioral health provider (in-person or virtual)	1 per year	\$20

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

MotivateMe Employee FAQ's

What is the purpose of MotivateMe? MotivateMe is an incentive program for employees and retirees who subscribe to an eligible 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 annually to receive any rewards. **All activities must be completed and posted to the MotivateMe page on mycigna.com by December 31.** We suggest completing MotivateMe activities by October. **Kaiser Permanente subscribers** must track their rewards using a paper "passport". The passport can be downloaded from the LiveWell website on FairfaxNet or by contacting LiveWell. 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. Subscribers in an eligible 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 an eligible health plan (Cigna 80%, 90% or MyChoice or Kaiser Permanente) can participate and earn rewards. Retirees who subscribe to a UnitedHealthcare or Cigna Medicare Advantage plan are ineligible to participate in MotivateMe, as these plans have their own reward programs.

What activities are required to earn rewards? Participants must complete an annual physical AND at least two, other, MotivateMe-eligible activity categories to earn any rewards. Points must be posted to the MotivateMe page on mycigna.com by December 31 or rewards will not be provided. Additional points and activities can be completed or tracked before the requirements are completed, but points will not be awarded until the physical is also 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 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 the MotivateMe portal on mycigna.com, email LiveWell@fairfaxcounty.gov for assistance. If the coding is incorrect and/or 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 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, with just the MotivateMe rewards.

Who can I contact with questions? Email LiveWell@fairfaxcounty.gov or call HR Central at 703.324.3311. MotivateMe webinars, offered quarterly by LiveWell, are a great opportunity to learn more about the program and ask general questions.