

Cigna Medicare Advantage Incentives Rewards

Maximum reward total for 2023: \$200



STAY HEALTHIER	REWARD	LIMIT
Yearly Health Check-up —must complete to earn any rewards	\$30	1 per year
Mammogram	\$25	1 per year
Diabetes Management —must complete <u>two different activities</u> : <ul style="list-style-type: none"> › HbA1c (A1c) blood sugar test › Diabetic kidney test › Diabetic eye exam › Diabetic foot exam 	\$30	1 per year
Colorectal Screening —get one of these screenings: <ul style="list-style-type: none"> › 1-yr FOBT or FIT › 3-yr FIT-DNA Test › 5-yr Sigmoidoscopy/CT Colonography › 10-yr Colonoscopy 	\$15 (1 or 3-yr) \$30 (5 or 10-yr)	1 per year
Bone Density Screening	\$25	1 per year
Immunization —get one of these shots <u>at a provider's office</u> : <ul style="list-style-type: none"> › Flu shot › COVID-19 shot › Pneumonia shot 	\$10	1 per year
STAY ENGAGED	REWARD	LIMIT
Community Engagement —do one of these: <ul style="list-style-type: none"> › Volunteer › Attend a Cigna seminar › Go to a community event › Participate in an athletic event › Attend a class or club (yoga, gardening, aerobics, etc.) 	\$10*	1 per year
Cigna Online Engagement —do any activity at myCigna.com <ul style="list-style-type: none"> › Register › Update contact information › View claims › Learn about health topics › Check incentive reward balance, and more... 	\$5	1 per quarter, up to \$20 each year
STAY ACTIVE with Silver&Fit® (if included in your plan)	REWARD	LIMIT
Get Started —do one of these: <ul style="list-style-type: none"> › Join a Silver&Fit fitness center › Enroll in a Silver&Fit health coaching program › Order a Silver&Fit home fitness kit 	\$10	1 per year
Keep Going —do either of these: <ul style="list-style-type: none"> › Complete at least 12 workouts (go to a Silver&Fit fitness center, use Silver&Fit online videos at home, or both) › Complete a Silver&Fit health-coaching program 	\$10	1 per quarter, up to \$40 each year

*You must tell us you completed the Community Engagement activity to earn the incentive. Log in at myCigna.com and click the "View Incentives" button on the "Wellness" tab, or call us at the phone number on your Cigna ID card.

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Recipient must be an eligible Cigna customer at the time of the activity. Incentives vary by plan and market. Customer must be registered in the program by January 31, 2024. Completing the Yearly Health Check-Up is required to activate rewards. Rewards will be posted to the customer's Cigna Healthy Today card and are intended for health and wellness products only. Rewards cannot be used toward the purchase of tobacco, firearms, explosives or other select products. Limitations, exclusions, and restrictions may apply. Additional fees or copays may apply based on additional services; please refer to your Evidence of Coverage (EOC). Participating vendors are independent contractors and solely responsible for any products or services provided as part of the program. The program may be discontinued at any time.

The Silver&Fit program is provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). Silver&Fit is a federally registered trademark of ASH and used with permission herein. Home kits are subject to change. Participating facilities and fitness chains may vary by location and are subject to change.

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