

MotivateMe

Total Wellbeing Program 2021

Earn up to \$200 per year



LiveWell
Empower • Educate • Engage

GOAL TYPE	DESCRIPTION	AWARD TYPE	AMOUNT
REQUIRED ANNUAL PHYSICAL: SUBSCRIBER	A preventive exam with a primary care provider, including lab work.	Required for Cigna members Must be up to date, per Kaiser Permanente guidelines	Combined \$100
REQUIRED HEALTH ASSESSMENT: SUBSCRIBER	A confidential questionnaire about your wellbeing and health behaviors.	Required annually for Cigna and Kaiser Permanente members	BOTH are REQUIRED to earn additional rewards
SPOUSE ANNUAL PHYSICAL: SPOUSE	A preventive exam with a primary care provider, including lab work. The subscriber earns the rewards.	One per year	\$25
SPOUSE HEALTH ASSESSMENT: SPOUSE	Completion of the health assessment by a spouse covered under a Fairfax County health plan. The subscriber earns the rewards.	One per year	\$25
SCREENING CANCER SCREENINGS	Choice of 1 screening per year: -Colon cancer screening -Cervical cancer screening -Prostate cancer screening -Mammogram	One per year	\$30
COACHING TELEPHONIC HEALTH COACHING	Make progress toward a health goal, or achieve them with telephonic coaching, through Cigna and Kaiser Permanente.	Make progress toward one health goal per year. Achieve one health goal per year, in partnership with your coach.	\$10 \$30
AUTO OMADA	Complete at least 16 lessons of the Omada program.	One per year	\$25
SELF DENTAL EXAM	Visit your dentist for a dental/oral examination.	Two per year	\$10 each
SELF VISION EXAM	Visit an optometrist, ophthalmologist or other eye health professional for a vision exam.	One per year	\$5
SELF LIVEWELL WORKSHOPS & WEBINARS	Participate in live classes, sponsored by LiveWell, online webinars or in-person workshops.	Workshops: 2 per year Webinars: 2 per year	\$10 each \$5 each
SELF TOBACCO FREE PLEDGE	Attest to being tobacco free or completing a cessation program.	One per year	\$5
SELF COVID-19 VACCINE	Receive the complete COVID-19 vaccine, or vaccine series.	One complete vaccine or vaccine series	\$5