



MotivateMe!

Incentive Awards Program

Currituck County 2016-2017

**Be healthy and earn money
towards your Health Reimbursement Account!**

How your Health Reimbursement Account (HRA) works: To reward you for participation in the My Incentive Awards Program, Currituck County will fund your Health Reimbursement Account (HRA) up to \$750.00 per covered employee, which is one-half of your annual Cigna medical health insurance plan deductible. These dollars can be applied to any out-of-pocket expenses including deductibles, coinsurance and co-pays. All you have to do is participate and self-report your activities at www.myCigna.com.

HOW TO EARN YOUR HRA FUNDS

Participate in a combination of the following programs effective July 1, 2016 and earn up to \$750 for your HRA account:

Category	Description	Dollars
Health Assessment	Complete the health assessment located at mycigna.com . (Cigna reports your completion)	\$140
Annual Preventive Physical Exam or Well Woman Exam	Complete your annual preventive physical exam with your healthcare provider. (Cigna will award you dollars once your claim has been processed) Obtain your Blood Pressure, Glucose, total Cholesterol, HDL Cholesterol, BMI	\$250
Lifestyle Management Programs* (telephonic)	Work with a Cigna coach and complete the tobacco cessation, stress or weight loss program. (Call 855-246-1873 to enroll in a program)	\$100
Health Coaching calls	Work with a Cigna health coach to make progress toward a goal.	\$100
Online Coaching Program	Complete any of the online coaching programs that are available through mycigna.com . They include: <ul style="list-style-type: none"> • Improve your Nutrition • Exercise for Better Health • Maintain a Positive Mood • Work Towards a Healthier Weight • Manage your Stress • Quit Tobacco – Six Month Program • Control your Asthma • Manage your Heart Disease/Coronary Artery Disease (CAD) • Manage your Chronic Obstructive Pulmonary Disease (COPD) • Manage your Diabetes • Managing Heart Failure 	\$50 each with a maximum of 2 per year
<i>The completion of all the above programs will be verified through Cigna and your points will be reflected on the mycigna.com website. You will not have to obtain any forms or provide proof of completion. The items below are self-reported.</i>		
Cancer screenings	Self-report that you have received a mammogram, colon cancer, cervical cancer, PSA, lung cancer or skin cancer screening	\$100
Monthly Physical Activity	Self-report that you have been physically active 30 minutes, five times a week, or 150 minutes per week, or 600 minutes per month. You can only report your activity for the month on a monthly basis.	\$30 per month; \$360 max per year
The Maximum Wellness Dollars an Employee is Eligible to Earn =		\$750
Healthy Pregnancy Healthy Babies	Speak with a Maternity nurse in the 1st Trimester and after your Baby is born, and earn \$150. Speak with a Maternity Nurse starting in the 2nd or 3rd Trimester and after the Baby is born, and earn \$75. Please note this reward is in addition to the \$750 Maximum Wellness Dollars.	\$150 or \$75

