

Good health and good sense are two of life's greatest blessings!  
~Publilius Syrus



## Currituck County 2015-2016 Incentive Awards Program “Motivate Me”

### July

- 29** Wellness Health Assessment Kickoff  
8:00 a.m. to 2:00 p.m.  
Historic Courthouse BOC Room  
Must attend to be eligible for drawing.
- 29** Blood Drive  
10:00 a.m. to 3:00 p.m.  
Judicial Center  
Schedule appointment: [redcrossblood.org](http://redcrossblood.org)
- 28** Play & Leisure  
11:30 a.m. & 1:00 p.m.  
Historic Courthouse BOC Room  
EAP Presentation

### August

- 11** Care Giving: Changing Relationships  
12:00 p.m. to 1:00 p.m.  
Historic Courthouse BOC Room  
EAP Webinar
- 20** Cooking with Local Produce  
11:30 a.m. & 1:00 p.m.  
Cooperative Extension  
With Olivia Jones  
[Pre-registration](#) required.

### September

- 15** Cholesterol: Know Your Numbers  
12:00 p.m. to 1:00 p.m.  
Historic Courthouse BOC Room  
Cigna Webinar
- 18** Run@Work 5K & 1 mile run/walk  
Check in 7:30 a.m. | Race begins 8:00 a.m.  
Cooperative Extension  
[Register](#) before September 3 for race shirt.

### October

- 7** Annual Flu Shot  
9:00 a.m. to 2:00 p.m.  
Historic Courthouse BOC Room  
[Pre-registration](#) is preferred

### November

- 10** Making a Life While Making a Living  
12:00 p.m. to 1:00 p.m.  
Historic Courthouse BOC Room  
EAP Webinar
- 16** Holiday Challenge Begins  
12 week program continues until January 25, 2016  
Cooperative Extension  
With Olivia Jones
- 17** Motivational Speaker  
11:30 a.m. – Cooperative Extension  
1:00 p.m. – Historic Courthouse BOC Room  
With Ruby Stallings, Chaplin

### December

- 10** Stress  
11:30 a.m. & 1:00 p.m.  
Cooperative Extension  
With Olivia Jones
- TBA** Blood Drive  
Check back for registration information.

Each year, based on employee health assessments, Currituck County evaluates those areas where employees need to improve. As a result of last year's assessments, dollar amounts for the current categories have changed, while several new categories have been added. Please take a close look at each category to ensure you are choosing the best program for you.

Remember to check this calendar monthly, as seminars may be added, deleted or changed during the year. Before a seminar or after a change Sarah Tyson will send out an email. Please take the time to read emails with the subject line “Incentive Awards Program.”

Watch your email or check for changes on the county website under Employee/Wellness Plan/Calendar. You will find the employee link on the bottom section of the county website.



#### Contact Benefit Administrator

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Kim King | 757-227-6127 | [kimking@tfabenefits.com](mailto:kimking@tfabenefits.com)

#### Contact County Administrator

252-232-3226  
Sarah Tyson [Sarah.Tyson@CurrituckCountyNC.gov](mailto:Sarah.Tyson@CurrituckCountyNC.gov)  
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*All the money in the world can't buy you back good health!  
~Reba McEntire*



## January

- 7 Self-Care  
11:30 a.m. & 1:00 p.m.  
Historic Courthouse BOC Room  
EAP Presentation
- 26 Kick the Habit  
11:30 a.m. & 1:00 p.m.  
Cooperative Extension  
With Amy Underhill

## February

- 5 Heart Walk  
12:00 p.m. to 1:00 p.m.  
Cooperative Extension  
With Olivia Jones
- 16 Maintaining Good Heart Health  
11:30 a.m. & 1:00 p.m.  
Historic Courthouse BOC Room  
With John Wanamaker

## March

- 10 Alcohol & Prescription Drug Abuse At Work  
11:30 p.m. to 12:30 p.m.  
Historic Courthouse BOC Room  
With Chief Deputy Matt Beickert & Sargent  
Buddy Capps

## April

- 12 High Blood Pressure  
11:30 p.m. to 12:30 p.m.  
Historic Courthouse BOC Room  
Cigna Webinar

## May

- 6 County Health & Fitness Day  
11:30 p.m. to 2:00 p.m.  
Currituck Community Park  
Pre-registration required for meal
- 17 Motivational Speaker  
11:30 a.m. – Cooperative Extension  
1:00 p.m. – Historic Courthouse BOC Room  
With Ruby Stallings, Chaplin

## June

- 16 Family Fun Night  
5:30 p.m. to 8:00 p.m.  
Currituck Community Park  
Bring the whole family

### How your Health Reimbursement Account (HRA) works

*To reward you for participation in the incentive awards program, Currituck County will fund your HRA up to \$750 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.*

*Remember, you can only report activities as far back as two months. So, be sure to report your activities as you do them!*



### Incentive Awards Program –“MotivateMe”

Participate in a combination of the following programs by June 30, 2016 and earn \$750 for your HRA Account:

- Category 1: My Health Assessment** **\$100**  
Complete the online Health Assessment at MyCigna.com. Cigna reports this activity.
- Category 2: My Annual Preventive Physical Exam** **\$250**  
Participation in an Annual Preventive Physical Exam or Well Women Exam. Cigna reports these screenings that are coded in the 700 series.
- Category 3: My Wellness Challenge** **\$100**  
Participation in one Wellness Challenge covering a minimum of 12 consecutive weeks. Self-report at the end of 12 weeks at MyCigna.com.
- Category 4: My Monthly Physical Activity** **\$15/month - \$180 max per year**  
Monthly physical activity: 30 minutes per day, 5 times a week, or 150 minutes per week, or 600 minutes per month. Report monthly. Activities more than 2 months old will not be accepted. Self-report at MyCigna.com.
- Category 5: My Monthly County Wide Seminars** **\$10/month - \$120 max per year**  
County-sponsored seminars/activities/videos will be offered. Report one activity monthly. Self-report at www.MyCigna.com.
- Category 6: My Health Coaching Calls** **\$100**  
Complete 3 coaching calls with a Cigna Health Coach for the purpose of maintaining a health goal. Activity will be verified and reported by the coach after the third call. 800-244-6224.
- Category 7: My Healthy Pregnancies, Healthy Babies** **\$150 or \$75**  
Complete by speaking to a nurse/coach each trimester including the post-partum call. Get the personal support you need throughout your pregnancy. Cigna reports this activity.
- Category 8: My Cancer Screenings** **\$100**  
Participate in a Mammogram, Colon Cancer, Cervical Cancer, PSA, Lung Cancer or Skin Cancer screening. Self-report at MyCigna.com.
- Category 9: My Lifestyle Management Program** **\$100**  
Complete Cigna's Tobacco Cessation, Stress or Weight Loss program. Activity will be verified by the coach at the end of the program. Call 855-246-1873.
- Category 10: My Online Coaching Program** **\$50 each- \$100 max per year**  
Complete any of the online coaching programs that are available through MyCigna.com. Cigna reports this activity.

Contact Benefit Administrator

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