

Spelman College 2016 MotivateMe Program

Employees can earn up to \$120 in gift / debit cards for completing the following activities.

| Program Category | Goal Name | Points Value | Frequency Goal Dates |
|--|---|-----------------------|-----------------------------------|
| Personal Health Analysis | Get a personalized health assessment – gatekeeper | 30 | Once a year 1/1/16 - 11/30/16 |
| Wellness Screening | Get a personalized biometric health screening (Onsite biometric screening event, preventive exam with physician submission of wellness screening form, or screenings completed by Quest/LabCorp) | 10 | Once a year 1/1/16 - 11/30/16 |
| Preventive Care (Claims verified) | Complete my annual physical (preventive exam) | 25 | Once a year 1/1/16 - 11/30/16 |
| | Get a colon cancer screening (preventive exam) | 5 | Once a year 1/1/16 - 11/30/16 |
| | Get my annual OB/GYN exam (preventive exam) | 25 | Once a year 1/1/16 - 11/30/16 |
| | Get a cervical cancer screening (preventive exam) | 5 | Once a year 1/1/16 - 11/30/16 |
| | Get a mammogram (preventive exam) | 10 | Once a year 1/1/16 - 11/30/16 |
| Health Coaching by Phone | Achieve a personal health goal (talk to a health coach) | 10 | Twice a year 1/1/16 - 11/30/16 |
| Center of Excellence Steerage (Claims verified) | Get your Orthopedic Joint Surgery done at a Center of Excellence facility | 5 | Once a year 1/1/16 - 11/30/16 |
| | Get your Cardiac Surgery done at a Center of Excellence facility | 5 | Once a year 1/1/16 - 11/30/16 |
| | Get the best care during childbirth at a Center of Excellence facility | 5 | Once a year 1/1/16 - 11/30/16 |
| Self-Reported Activities (Reported on mycigna.com) | Get a prostate cancer screening (Men's preventive exam) | 10 | Once a year 1/1/16 - 11/30/16 |
| | I completed 1 Spelman College activity (Community Walk, Chug-a-Jug, etc) | 10 | Twice a year 1/1/16 - 11/30/16 |
| | I completed in a Spelman fitness assessment or fitness center classes | 5 | Twice a year 1/1/16 - 11/30/16 |
| Total possible points | | 185 (Note: Cap = 120) | |

Employee Scenario 1:

John Johnson is a relatively healthy employee. He engages in some physical activity and is mindful of what he eats. He can earn 115 points by:

| Completed Goals | Points Earned |
|---|-------------------|
| Completing a health assessment | 30 |
| Completing a biometric health screening | 10 |
| Completing an annual physical | 25 |
| Getting a prostate cancer screening (Men's preventive exam) | 10 |
| Achieving a personal health goal | 10 |
| Completing a Spelman College activity (twice) | 20 |
| Completing a Spelman fitness assessment or fitness center classes (twice) | 10 |
| Total Points Earned | 115 points |

Employee Scenario 2:

Stacey Smith has been diagnosed with high cholesterol. She has been working with her doctor and is making some changes to improve her health. She can earn her 120 points by:

| Completed Goals | Points Earned |
|--|-------------------|
| Completing a health assessment | 30 |
| Completing a biometric health screening | 10 |
| Completing an annual physical | 25 |
| Getting a mammogram | 10 |
| Getting her annual OB/GYN exam | 10 |
| Getting her cervical cancer screening | 5 |
| Achieving a personal health goal (twice) | 20 |
| Completing a Spelman College activity | 10 |
| Total Points Earned | 120 points |



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