

MotivateMe

Premium Incentive Rewards Program

2021 -2022

Administered by Cigna



The Premium Incentive Program reset for July 1, 2021

The mission of the Rockingham County Premium Incentive Program is to promote initiatives that enhance the overall health and well-being of Rockingham County employees. This program is available to active employees **enrolled as the subscriber** in the County sponsored Cigna medical plan, and their covered spouse, as of July 1, 2021.

- Employee/Spouse will need to complete specified activities to obtain the maximum incentive.
- Employees will need to complete and sign a form acknowledging all premium incentive dollars are taxable.
- Incentive payments will be included in the employee's payroll in August 2022 after all activities have been verified. Activities must be completed during the plan year: July 1, 2021 – June 30, 2022. *Please note: if preventative care visits occur during the month of June 2022 there may be a delay in receiving incentive payment due to claims processing timelines.*

Employees and covered spouses will need to complete activities listed on the reverse of this flyer between July 1, 2021 and June 30, 2022 in order to earn money towards the maximum incentive of **\$700.00**.

Go to myCigna.com, and enter your user ID and password to log in — or take this opportunity to register now.

This Premium Incentive Program is for those employees that are enrolled as the subscriber on one of the County Cigna Health Insurance plans as of July 1, 2021 and their covered spouse. All activities must be completed between July 1, 2021 and June 30, 2022. Please contact Human Resources at ext. 9337 with any questions or concerns.

MotivateMe Goals/Activities - Employee	Value for completing	Guidelines
Attend Rockingham County Fitness Center Orientation	\$50	Self-reported and verified with sign-in sheets
Attend Rockingham County Sponsored Wellness Seminar	\$40	up to \$120; self-reported and verified with sign in sheets/ certificate of completion (Webinar)
Join a weight loss program (WW, Nutri-System, Jenny Craig, Noom, Awaken 180)	\$25	Self-reported and verified with sign-in sheets
Reduce your weight by 5% with the Cigna Diabetes Prevention Program (Omada); based on 3 separate daily weigh-ins compared to your initial weight at the beginning of the program	\$40	Up to \$40
Complete 9 lessons of the Cigna Diabetes Prevention Program (Omada) within a 26 week period	\$40	Up to \$40
Telephonic Coaching through Cigna (chronic conditions)	\$50	
Online Coaching through Cigna (web based)	\$25	Up to \$100
Complete Health Risk Assessment on http://MyCigna.com	\$50	
Register for Tandem Care	\$25	If not already registered; self-reported and verified through Tandem
Utilize Tandem Care program by submitting for procedure to receive cost savings reward.	\$25	One use of program per plan year; self-reported and verified through Tandem.
Annual Physical	\$100	
Routine OB/GYN Exam	\$100	
Routine Mammogram	\$100	
Routine Colon Cancer Screening	\$100	
Routine Prostate Screening	\$100	
Dental Exam and Cleaning	\$50	Max of \$100; Non-County plan participants must provide EOB
Self-Reported Wellness Activity (5K, Yoga, Zumba, Smoking Cessation, etc.)	\$40	Self-reported; up to \$80
“Know Your Numbers” – Obtain at least one screening (glucose level, cholesterol, or other approved screening) at Cigna contracted lab (Quest or LabCorp)	\$50	Verified by Cigna through claims
Maximum of:	\$550	
MotivateMe Goals/Activities – Spouse on County sponsored Cigna medical plan	Value for completing	Guidelines
Complete Health Risk Assessment on www.MyCigna.com	\$50	
Annual Physical	\$100	
Routine OB/GYN Exam	\$50	
Routine Mammogram	\$50	
Routine Colon Cancer Screening	\$50	
Routine Prostate Screening	\$50	
“Know Your Numbers” – Obtain at least one screening (glucose level, cholesterol, or other approved screening) at Cigna contracted lab (Quest or LabCorp)	\$50	Verified by Cigna through claims
Maximum of:	\$150	