



<b>MotivateMe Goals/Activities – Employee</b>	<b>Value for completing</b>	<b>Guidelines</b>
Attend Rockingham County Fitness Center Orientation	\$50	Self-reported and verified with sign-in sheets. (One time only)
Utilize Rockingham County Fitness Center five (5) times, for a minimum of 30 minutes per time, within a quarter (Jul-Sept, Oct-Dec, Jan-Mar, Apr-June)	\$30	Self-reported and verified with door access reporting.
Attend Rockingham County Sponsored Wellness Seminar	\$40	up to \$120; self-reported and verified with sign in sheets and/or Certificate of Completion.
Join a weight loss program (WW, Nutri-System, Jenny Craig, Noom, Awaken 180)	\$25	Self-reported and verified with sign-in sheets or receipt. (One time only)
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	Verified by Cigna.
Online Coaching through Cigna (web based)	\$25	Up to \$100
Complete Health Risk Assessment on <a href="http://MyCigna.com">http://MyCigna.com</a>	\$50	
Register for Harlowe	\$25	Initial registration; self-reported and verified through Harlowe.
Utilize the Harlowe program by submitting for procedure to receive cost savings reward.	\$25	One use of program per plan year; self-reported and verified through Harlowe.
Annual Physical	\$100	
Routine OB/GYN Exam	\$100	
Routine Mammogram	\$100	
Routine Colon Cancer Screening	\$200	
Routine Prostate Screening	\$200	
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 four (4) specific biometric values through screening (glucose level, cholesterol, blood pressure, BMI) at Cigna contracted lab (Quest or LabCorp) or onsite clinic.	\$100	Verified by Cigna through claims
<b>Maximum of:</b>	<b>\$600</b>	

<b>MotivateMe Goals/Activities – Spouse on County sponsored Cigna medical plan as of July 1, 2022</b>	<b>Value for completing</b>	<b>Guidelines</b>
Complete Health Risk Assessment on <a href="http://www.MyCigna.com">www.MyCigna.com</a>	\$50	
Annual Physical	\$100	
Routine OB/GYN Exam	\$50	
Routine Mammogram	\$50	
Routine Colon Cancer Screening	\$100	
Routine Prostate Screening	\$100	
“Know Your Numbers” – Obtain four (4) specific biometric values through screening (glucose level, cholesterol, blood pressure, BMI) at Cigna contracted lab (Quest or LabCorp) or onsite clinic.	\$100	Verified by Cigna through claims
Telephonic Coaching through Cigna (chronic conditions)	\$50	
Online Coaching through Cigna (web based)	\$25	Up to \$100
<b>Maximum of:</b>	<b>\$200</b>	

