

# MotivateMe

## Premium Incentive Rewards Program 2023 -2024

Administered by Cigna



### The Premium Incentive Program reset for July 1, 2023

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, 2023.

**This year we are excited to introduce some plan enhancements and added opportunities to earn the premium incentive.**

**Added:** Annual Eye Exam, incentive amount \$75.00  
Smoking Cessation Program through Cigna, incentive amount \$100.00

**Enhanced:** Join a weight loss program, incentive increased from \$25.00 to \$50.00  
Register for Harlowe program, incentive increased from \$25.00 to \$50.00  
Utilize Harlowe program, incentive increased from \$25.00 to \$75.00

**Phased Out:** Attend County Fitness Center Orientation  
Online Coaching through Cigna (web-based)  
Complete 9 lessons of the Cigna Diabetes Prevention Program (Omada)

- Employee/Spouse will need to complete specified activities to obtain the maximum incentive.
- Activities must be completed during the plan year: July 1, 2023 – June 30, 2024.
- 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 2024, after all activities have been verified.
- Employee must be in Active status at the time of payment.

*Please note: if preventative care visits occur during the month of June 2024 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 attached flyer between July 1, 2023 and June 30, 2024 in order to earn money towards the maximum incentive of **\$800.00**.

**Go to [myCigna.com](https://mycigna.com) and enter your user ID and password to log in or 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, 2023**, and their covered spouse.

All activities must be completed between July 1, 2023 and June 30, 2024.

Please contact Human Resources at ext. 9337 with any questions or concerns.

## MotivateMe Goals: Plan Year 2023 - 2024

MotivateMe Goals/Activities - Employee	Value for completing	Guidelines
Complete Health Risk Assessment on <a href="http://MyCigna.com">http://MyCigna.com</a>	\$50	Verified through Cigna.
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; or participate in On-line Wellness Seminar through New Directions EAP.	\$40	up to \$120; self-reported and verified with sign in sheets or seminar certificates of completion.
Join a weight loss program (WW, Nutri-System, Jenny Craig, Noom, Awaken 180)	\$50	Initial registration; Max \$50.00 per plan year. Self-reported and verified with registration documentation and receipt.
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; verified through Cigna.
Self-Reported Wellness Activity (5K, Yoga, Zumba, Smoking Cessation, etc.)	\$40	Self-reported; up to \$80. Must provide proof of registration.
Telephonic Coaching through Cigna (chronic conditions)	\$50	Verified through Cigna.
Register for Harlowe	\$50	Initial registration; self-reported and verified through Harlowe.
Utilize the Harlowe program by submitting for procedure to receive cost savings reward.	\$75	One use of program per plan year; self-reported and verified through Harlowe.
Annual Physical	\$100	Verified through Cigna.
Routine OB/GYN Exam	\$100	Verified through Cigna.
Routine Mammogram	\$100	Verified through Cigna.
Routine Colon Cancer Screening	\$200	Verified through Cigna.
Routine Prostate Screening	\$200	Verified through Cigna.
Dental Exam and Cleaning	\$50	Max of \$100; Must provide proof of visit or EOB
Eye Exam	\$75	Max of \$75; Must provide proof of exam or EOB
“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
Smoking Cessation Program through Cigna	\$100	Verified through Cigna.
<b>Employee Maximum of:</b>	<b>\$600</b>	

MotivateMe Goals/Activities – Spouse on County sponsored Cigna medical plan	Value for completing	Guidelines
Complete Health Risk Assessment on <a href="http://www.MyCigna.com">www.MyCigna.com</a>	\$50	
Annual Physical	\$100	Verified by Cigna through claims
Routine OB/GYN Exam	\$50	Verified by Cigna through claims
Routine Mammogram	\$50	Verified by Cigna through claims
Routine Colon Cancer Screening	\$100	Verified by Cigna through claims
Routine Prostate Screening	\$100	Verified by Cigna through claims
“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	Verified by Cigna through claims
Eye Exam	\$75	Max of \$75; Must provide proof of exam or EOB
Smoking Cessation Program through Cigna	\$100	Verified through Cigna.
<b>Spouse Maximum of:</b>	<b>\$200</b>	