

MotivateMe

Premium Incentive Rewards Program

2024 - 2025

Administered by Cigna



The Premium Incentive Program Reset for July 1, 2024

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, 2024.

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

- Added:** Utilize an official fitness center or gym, incentive amount \$30
- Enhanced:** Telephonic Coaching through Cigna, increased from \$50 to \$75
Annual Physical, increased from \$100 to \$125
Routine OB/GYN Exam, increased from \$100 to \$125
Routine Mammogram, increased from \$100 to \$125
Spouse Annual Physical, increased from \$100 to \$125
Spouse Routine OB/GYN Exam, increased from \$50 to \$75
Spouse Routine Mammogram, increased from \$50 to \$75
Spouse Telephonic Coaching through Cigna, increased from \$50 to \$75
- Phased Out:** Cigna Diabetes Prevention Program (Omada)
Register for Harlowe

- Employee/Spouse will need to complete specified activities to obtain the maximum incentive.
- Activities must be completed during the plan year: July 1, 2024 – June 30, 2025.
- 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 2025, 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 2025 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, 2024 and June 30, 2025 in order to earn money towards the maximum incentive of **\$800.00**.

Go to 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, 2024, and their covered spouse.

All activities must be completed between July 1, 2024 and June 30, 2025.

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

MotivateMe Goals Activities - Employee	Value for Completing	Guidelines
Complete Health Risk Assessment on MyCigna.com	\$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	Up to \$60; self-reported and verified with door access reporting.
Utilize an official fitness center or gym (Planet Fitness, CrossFit, Orangetheory, etc) five (5) times, for a minimum of 30 minutes per time, within a quarter (Jul-Sept, Oct-Dec, Jan-Mar, Apr-June)	\$30	Up to \$60; self-reported and verified with gym/center provided proof of utilization.
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.
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)	\$75	Verified through Cigna.
Utilize the Harlowe program by submitting for procedure to receive cost savings reward.	\$75	Up to \$150; self-reported and verified through Harlowe.
Annual Physical	\$125	Verified through Cigna.
Routine OB/GYN Exam	\$125	Verified through Cigna.
Routine Mammogram	\$125	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 through Cigna.
Smoking Cessation Program through Cigna	\$100	Verified through Cigna.
Employee Maximum Reward	\$600	

MotivateMe Goals/Activities – Spouse (Covered on County-sponsored Cigna medical plan)	Value for completing	Guidelines
Complete Health Risk Assessment on MyCigna.com	\$50	Verified through Cigna.
Annual Physical	\$125	Verified through Cigna.
Routine OB/GYN Exam	\$75	Verified through Cigna.
Routine Mammogram	\$75	Verified through Cigna.
Routine Colon Cancer Screening	\$100	Verified through Cigna.
Routine Prostate Screening	\$100	Verified through Cigna.
“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 through Cigna.
Telephonic Coaching through Cigna (chronic conditions)	\$75	Verified through Cigna.
Eye Exam	\$75	Max of \$75; Must provide proof of exam or EOB
Smoking Cessation Program through Cigna	\$100	Verified through Cigna.
Spouse Maximum Reward (payable to Employee):	\$200	