



# Quarterly Wellness Campaigns

Earn rewards for a healthy lifestyle

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**\$100.00**

Premier Rewards Card for enrolling in the Cigna telephonic coaching program and achieving a goal with a coach\*.

Receive free & confidential coaching on any of the following topics

- Weight Management
- Stress Management
- Chronic Condition
- Tobacco Cessation
- Case Management
- Cigna Pharmacy

Get connected with a coach TODAY! 1-855-246-1873

**\$25.00**

Premier Rewards Card for maintaining your weight +/- 2 pounds from the initial weight in\*\*.

- Visit [www.tucsonaz.gov/wellness](http://www.tucsonaz.gov/wellness) for quarterly weight in schedule

\*Must be enrolled in the Cigna medical plan to participate in the Cigna telephonic coaching program. Must achieve a goal set with Cigna coach and be the primary subscriber on the active employee medical plan to receive incentive. Well-Being Coordinator, Raquel Downs, will contact employees who achieve goals to coordinate delivery of Premier Rewards card the quarter following goal achievement. Please allow 4-8 weeks for processing.\*\* Any active City employee may weight-in and track their progress, but only employees who are eligible for insurance under the active employee program are eligible for the incentive. Enrollment in City's medical plan is not required. Incentive limited to one per quarter. Well-Being Coordinator, Raquel Downs, will contact employees who maintain weight to coordinate delivery of Premier Rewards card. Please allow 4-8 weeks for processing.