



## MotivateMe Incentive Program

July 1, 2020- June 30, 2021



**Earn rewards for taking steps toward your best health**

[Complete your health assessment](#)

Get recommended exams and screenings

Participate in programs that help you achieve healthy goals

Visit Centers of Excellence

**Earn 250 points to receive your first \$150 gift card raffle entry**

The more points you earn, the more chances you have to win\*

Winners are generally notified within 30 days after each monthly drawing

\* To qualify for incentives, you be a primary subscriber in the City of Tucson **active employee** medical plan

If you think you might be unable to meet a standard for a reward under this program, you may qualify to earn the same reward by a different means. Contact Cigna at 1.800.CIGNA24, and they will work with you and, if you wish, with your doctor. If you have an impairment or disability that makes you unable to participate in program events, activities or goals, you may be entitled to a reasonable accommodation for participation, or an alternative standard for rewards.

Cigna programs accommodations: 800.CIGNA24

Work-site Wellness Program accommodations: 520.791.4597

This is an entirely voluntary program; however; employees who choose to participate in this program may receive a \$150 incentive. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Cigna at 1.800.Cigna24 and they will work with you and, if you wish, with your doctor. If you are unable to participate in any of the program events, activities or goals because of a disability, you may be entitled to a reasonable accommodation for participation, or an alternative standard for rewards. For worksite accommodations with Wellness programs, please contact City of Tucson Benefits at 520.791.4597; for accommodations with Cigna programs, please contact Cigna at 1.800.Cigna24.

Goal	Points	Comments
<b>Get your preventive well exam</b> <ul style="list-style-type: none"> <li>With your PCP</li> <li>With your OB/GYN</li> </ul>	100 per exam (200 max)	Preventive exams reinforce good health. <i>Data may feed to MotivateMe via claims processing. To be sure, bring your Wellness Screening Form with you, and find out if your provider can complete it for you at your visit. Form available at <a href="http://www.tucsonaz.gov/insurance">www.tucsonaz.gov/insurance</a></i>
<b>Get your preventive cancer screening</b> <ul style="list-style-type: none"> <li>Mammogram</li> <li>Colon cancer</li> <li>Cervical cancer</li> <li>Prostate cancer</li> </ul>	100 per screening (400 max)	Regular screenings help detect issues early, when they are more easily treated. <i>Data may feeds to MotivateMe via claims processing.</i>
<b>Get your biometric wellness screening</b>	100	Know your numbers. Get your screening for blood pressure, cholesterol, blood sugar & BMI. <i>Quest &amp; LabCorp submit data to MotivateMe automatically, or ask your provider about completing and submitting the Wellness Screening Form available at <a href="http://www.tucsonaz.gov/wellness">www.tucsonaz.gov/wellness</a></i>
<b>Get a dental cleaning</b>	50 (50 max)	Annual dental cleanings can prevent gum disease. <i>Enter data about your cleaning at <a href="http://www.mycigna.com">www.mycigna.com</a> &gt; MotivateMe</i>
<b>Complete your health assessment</b>	100	Complete your personalized health assessment at <a href="http://www.mycigna.com">www.mycigna.com</a>
<b>Achieve healthy biometric targets</b> <ul style="list-style-type: none"> <li>Body Mass Index of less &lt; 30 or reduce weight by 5%</li> <li>Blood pressure level &lt;= 139/89</li> <li>Total cholesterol &lt;= to 200 mg/dl</li> <li>Fasting blood sugar &lt; 100 mg/dl</li> </ul>	100 (400 max)	<b>Bring your Wellness Screening Form with you, and find out if your provider can complete it for you at your visit. Form available at <a href="http://www.tucsonaz.gov/insurance">www.tucsonaz.gov/insurance</a></b>
<b>Telephonic health coaching</b>	100 (200 max)	Work one-on-one with a Cigna health coach on a chronic health issue & achieve a goal to overcome a health problem <i>Call 800-Cigna24 to get started. Your health coach will submit data to MotivateMe on your behalf</i>
<b>Get help improving lifestyle habits</b> <ul style="list-style-type: none"> <li>Weight management</li> <li>Stress reduction</li> <li>Tobacco cessation</li> </ul>	100 (300 max)	A health coach can set realistic goals and help you work toward achieving them. Call 800-Cigna24 to get started. <i>Call 800-Cigna24 to get started. Your health coach will submit data to MotivateMe on your behalf.</i>
<b>Use a Center of Excellence facility for your surgery</b> <ul style="list-style-type: none"> <li>Orthopedic Joint Surgery</li> <li>Cardiac Surgery</li> </ul>	100 (200 max)	Use Cigna's provider directory using a key word search*, or contact your Cigna Nurse Case Manager to find a Center of Excellence. Call 800-Cigna24 for assistance or to request a Case Manager.  *Key words: Knee replacement, hip replacement, angioplasty with a stent, cardiac catheterization, cardiac pacemaker implant, coronary artery bypass surgery, heart valve surgery  <i>Data is verified through claims processing.</i>
<b>Omada Diabetes Prevention</b>		
<b>Participate and achieve goals through Cigna &amp; Omada:</b> <ul style="list-style-type: none"> <li>Reduce weight by 5%</li> <li>Complete 9 lessons within 26-week period</li> </ul>	50 (100 max)	Omada offers support for healthy weight loss and better nutrition, helping to lower risk for developing diabetes. <i>Based on 3 separate daily weigh-ins compared to initial weight at beginning of the program. Call 800-Cigna24 to get started.</i>  <i>You or your covered adult dependents will receive the program at no additional cost if eligibility requirements are met to be accepted into the program.</i>
<b>Healthy Pregnancy, Healthy Babies</b>		
<b>Healthy Pregnancy, Healthy Babies</b> Speak with a maternity nurse in your 1 <sup>st</sup> or 2 <sup>nd</sup> trimester to get started	\$150 or \$75 Gift Card	<ul style="list-style-type: none"> <li>Earn \$150 for starting in your 1<sup>st</sup> trimester or \$75 for starting in your 2<sup>nd</sup> trimester</li> <li>Must be between 18 and 49 years old</li> <li>Incentive is awarded after the final post-partum call with program coach</li> </ul>