



IT PAYS TO GET HEALTHY

MotivateMe rewards your healthy actions

Champlain College wants to help you get healthy and stay healthy. Eligible faculty and staff can earn up to a \$300 Visa debit card for completing qualifying healthy activities.

You can earn rewards for participating in a variety of activities, including:

- Health assessment
- Biometric screening
- And a variety of other healthy activities

Getting started is easy

Visit myCigna.com and click the “Wellness” tab on the top of the page. Then choose “Rewards & Programs” and “Incentive Awards”.

- Find detailed instructions on how to get started
- View a list of eligible goals and matching rewards
- Check and track your completed goals and earned rewards.

The rewards you earn will be automatically applied toward a:

- Debit/gift card

The rest is up to you

For more information or help setting up your account, visit myCigna.com or call **800.244.6224**. You can also find information by downloading the myCigna Mobile App for your mobile device.**

*Incentive awards may be subject to tax; you are responsible for any applicable taxes. Please consult with your personal tax advisor for assistance.

**The downloading and use of the myCigna Mobile App is subject to the terms and conditions of the App and the online stores from which it is downloaded. Standard mobile phone carrier and data usage charges apply.



If you are eligible for an incentive as part of your wellness program: For all participants - 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. Please refer to your program materials for program and contact information, or contact Cigna at 800.244.6224 and they will work with you and, if you wish, with your doctor.

For participants who may have an impairment - 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 please contact your fund administrator at peoplecenter@champlain.edu. For accommodations with online, phone or other Cigna programs, please contact Cigna at 800.244.6224.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Cigna Behavioral Health, Inc., and Cigna Health Management, Inc. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc. All models are used for illustrative purposes only.