



MotivateMe

Premium Incentive Rewards Program

2020 -2021

The Premium Incentive Program reset for July 1, 2020

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, 2020.



- Employee/Spouse will need to complete specified activities in order to obtain the maximum incentive.
- Employees will need to complete and sign a form acknowledging all premium incentive dollars are taxable.
- As long as all of the specified activities have been completed in the necessary time frame, incentive payments will be included in the employee's payroll in August 2021 after all activities have been verified. Please note: if preventative care visits occur during the month of June 2021 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 the reverse of this flyer between July 1, 2020 and June 30, 2021 in order to earn money towards the maximum incentive of \$600.00.

Go to myCigna.com, and enter your user ID and password to log in — or take this opportunity to register now.

Click on My Health. Then click on the Incentives Tile.

This Premium Incentive Program is for those employees that are enrolled as the subscriber on one of the Cigna Health Insurance plans as of July 1, 2020 and their covered spouse. All activities must be completed between July 1, 2020 and June 30, 2021. Please contact Human Resources at ext. 9337 with any questions or concerns.



MotivateMe Goals/Activities - Employee	Value for completing	Guidelines
Attend Rockingham County Fitness Center Orientation	\$50	Self-reported and verified with sign-in sheets (Only eligible 1 time)
Attend Rockingham County Sponsored Wellness Seminar	\$40	up to \$120; self-reported and verified with sign in sheets
Join a weight loss program (WW, Nutri-System, Jenn Craig, Noom, Awaken 180)	\$25	Self-reported & verified with receipts, enrollment/membership proof
Telephonic Coaching through Cigna (chronic conditions)	\$50	Verified through Cigna reporting
Online Coaching through Cigna (web based)	\$25	Up to \$100
Complete Health Risk Assessment on http://MyCigna.com	\$50	Verified through Cigna reporting
Register for Tandem Care	\$25	If not already registered; self-reported and verified through Tandem
Utilize Tandem Care program by submitting  for procedure to receive cost savings reward	\$25	One use of program per plan year; self-reported and verified through Tandem
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	Verified through Cigna reporting
Complete 9 lessons of the Cigna Diabetes Prevention Program (Omada) within a 26 week period	\$40	Verified through Cigna reporting
Annual Physical	\$100	Verified through Cigna reporting
Routine OB.GYN Exam	\$100	Verified through Cigna reporting
Routine Mammogram	\$100	Verified through Cigna reporting
Routine Colon Cancer Screening	\$100	Verified through Cigna reporting
Routine Prostate Screening	\$100	Verified through Cigna reporting
Dental Exam and Cleaning	\$50	Max of \$100; Non-County dental plan participants must provide EOB
Self-Reported Wellness Activity (5K, Yoga, Zumba, Smoking Cessation, etc.)	\$40	Self-reported; up to \$80
Maximum of:	\$500	

MotivateMe Goals/Activities – Spouse on County sponsored Cigna medical plan	Value for completing	Guidelines
Complete Health Risk Assessment on http://MyCigna.com	\$50	Verified through Cigna reporting
Annual Physical	\$100	Verified through Cigna reporting
Routine OB/GYN Exam	\$50	Verified through Cigna reporting
Routine Mammogram	\$50	Verified through Cigna reporting
Routine Colon Cancer Screening	\$50	Verified through Cigna reporting
Routine Prostate Screening	\$50	Verified through Cigna reporting
Maximum of:	\$100	