



# Cigna Medicare Advantage Incentives Program Updates

## New incentives, new \$200 reward max and new Cigna Healthy Today card

As we approach 2023, we'd like to share details of our updated Medicare Advantage Incentives Program.

- Retirees are eligible to earn up to \$200 in incentives, in more ways than ever.
- Rewards will automatically be loaded onto Cigna Healthy Today cards.

With the **Cigna Medicare Advantage Incentives program**, customers can earn up to \$200 in 2023 for completing healthy activities. After completing their Yearly Health Check-up, they can qualify for additional incentives as determined by their plan and provider. For each wellness activity completed, they earn additional reward dollars loaded on to the Cigna Healthy Today card.

The **Cigna Healthy Today card** is a VISA debit card issued to each Cigna Medicare Advantage customer. This new card will be mailed to customers in late December. As retirees complete healthy activities with the Cigna Medicare Advantage Incentives program, the incentive rewards they receive will automatically be posted to their Cigna Healthy Today card and can be used to purchase pre-approved goods at participating retailers, in-store or online. Incentive rewards must be used in the calendar year they are earned and do not carry over to the following year. Similar to today, the Yearly Health Check-Up must be completed to participate in the Cigna Medicare Advantage Incentives program. The check-up reward will be applied to retirees' cards after their request is submitted and confirmed. Any additional incentive rewards they complete will automatically be applied as they are confirmed. Reward dollars are intended to be used on health and wellness products only. The chart on the following page provides complete details on our 2023 incentives.

New for 2023, existing customers who have participated in the Incentives program in past years still need to complete their Yearly Health Check-up to receive any incentives, but they will not need to request their initial 2023 Yearly Health Check-Up incentive. They will receive it automatically, similar to other incentives.

Retirees can check their card balance, by going to [www.CignaHealthyToday.com](http://www.CignaHealthyToday.com) or calling Cigna's Healthy Today card vendor at **1-866-851-1579 (TTY 711)**. They can also log in to [www.myCigna.com](http://www.myCigna.com) to view their balance and get more information about their card.

Maximum reward total for 2023: \$200		REWARD	LIMIT
STAY HEALTHIER	Yearly Health Check-Up Must complete to earn any rewards	\$30	1 per year
	Mammogram	\$25	1 per year
	Diabetes Management - Must complete two different diabetic screenings	\$30	Once per year
	Colorectal Screening Get one screening	\$15 (1- or 3-yr.) \$30 (5- or 10-yr.)	1 per year
	Bone Density Screening	\$25	1 per year
	Immunization - Get a flu, COVID-19 or pneumonia shot at a provider's office	\$10	1 per year
STAY ENGAGED	Community Engagement Do an activity to connect with others	\$10*	1 per year
	Cigna Online Engagement Do any activity at <a href="https://mycigna.com">myCigna.com</a>	\$5	1 per quarter, up to \$20 each year
STAY ACTIVE with Silver&Fit	Get Started with Silver&Fit® (fitness center, coaching, home kit)	\$10	1 per year
	Keep Going with Silver&Fit (complete workouts, coaching, videos)	\$10	1 per quarter, up to \$40 each year

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