

## 2024 MotivateMe quick reference guide—all Cigna plans

Goal type	Description	Subscriber	Spouse
Health assessment	Complete a personalized health assessment on mycigna.com	\$100	\$30
Achieve a healthy outcome	<b>BMI</b> < 30 or improve by 10% <b>Blood sugar:</b> fasting < 100 mg/dl or non fasting < 140 mg/dl <b>LDL cholesterol</b> < 129 mg/dl <b>Blood pressure</b> < 139/89	\$75 \$75 \$75 \$75	\$25 \$25 \$25 \$25
Complete preventive care appointments	<b>Annual physical with NH network PCP</b> <b>Annual physical</b> <b>Annual OB/GYN visit</b> <b>Cervical cancer screen</b> <b>Colonoscopy</b> (preventive or diagnostic) <b>Mammogram</b> (preventive or diagnostic)	\$175 \$125 \$75 \$50 \$50 \$50	\$60 \$40 \$20 \$20 \$20 \$20
Complete a screening	<b>Skin cancer screening</b> <b>Prostate cancer screening</b>	\$50 \$50	\$20 \$20
Get a flu shot	Receive flu vaccine in 2023	n/a	\$20
Telephonic lifestyle coaching	Talk to a health coach to improve: <b>Stress</b> <b>Eliminate tobacco</b> <b>Lose weight</b>	\$50 \$50 \$50	\$25 \$25 \$25
Lifestyle management courses online or by phone	Complete courses: <b>Balance your diet</b> <b>Quit tobacco</b> <b>Keep stress in check</b> <b>Lose weight</b> <b>Cope with the blues</b> <b>Enjoy exercise</b>	\$50 \$50 \$50 \$50 \$50 \$50	\$25 \$25 \$25 \$25 \$25 \$25
Novant Health living healthy programs	<b>Living healthy events</b> —ex. wellness challenges or community walks (limit 4) <b>Living healthy wellness webinars</b> (limit 4)	\$75 \$75	n/a n/a

Team members can earn up to \$900 in HRA incentive dollars and spouses can earn up to \$275. Incentive awards are HRA dollars placed in your Novant Health medical plan. **Access your MotivateMe information by visiting [myCigna.com](https://mycigna.com) > wellness > wellness incentives.**

**Biometrics**—LDL values can be dated from 1/1/22 to 12/31/24 and fasting blood sugar values can be dated from 1/1/23 to 12/31/24 to apply towards 2024 incentives. Body Mass Index (BMI) and blood pressure must be submitted with a 2024 date for 2024 incentives.

Biometrics will be processed in one of the following ways:

1. If a team member and/or covered spouse sees a Novant Health provider and their information is documented in the legacy Novant Health Dimensions system the data will be transferred via secure file transfers monthly.
2. If you are a NHRMC/PEMC team member or do not see a Novant Health provider, you must complete a wellness screening form to earn biometric incentives. Your provider will need to complete the wellness screening form and the plan member will need to submit it following the instructions on the form. The form is located at [mycigna.com](https://mycigna.com) > wellness > wellness incentives.
3. If you do not meet a biometric outcome goal a reasonable alternative is available through [myCigna.com](https://mycigna.com). You can submit biometric values at any time during the 2023 calendar year.

**Preventive care**—Annual physicals must be submitted by a primary care provider (PCP), OB/GYN visits must be submitted by an OB/GYN provider and cervical cancer screens can be submitted by either a PCP or OB/GYN provider.

**Annual physical with a Novant Health network PCP**—this goal is awarded when you complete your annual physical with a Novant Health network PCP, general medicine or internal medicine provider.

**Screening exams**—these goals can be submitted from a preventive care appointment OR a specialist appointment.

**Living healthy programs**—these can be found in our well-being portal, [livehealthynovanthealth.com](https://livehealthynovanthealth.com), and are advertised on I-Connect.

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CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-890-5420