

Essential Health

The Wellness Incentive Program encourages you to take care of yourself and earn incentive dollars while you do it. You'll learn more about your health, stay on top of screenings, and improve areas that could be better. You'll earn incentive dollars for each step you take – and your covered spouse or domestic partner will, too!

Three ways to earn wellness incentives

Get screened



Complete a **biometric screening** during your annual physical

\$75



A biometric screening measures blood glucose, cholesterol, and body mass index (BMI). These screenings are part of an annual physical exam which your BAE Systems medical plan covers at no additional cost.

Remember to print a **Wellness Screening Form**, available at myCigna.com, to take to your physical exam.

Hit targets



Meet or exceed **biometric targets**; if you miss targets, engage with a health coach and **meet two agreed-upon goals**

\$225



- BMI target of less than 27 (previously less than 28)
- Cholesterol target of 200 mg/dL or lower (previously 239 mg/dL or lower)
- Glucose target of 115 mg/dL or lower
- Blood pressure, while important, is no longer included as a biometric target

Take action



Complete one or more of these **additional activities** and earn up to:

\$200



Choose from the activities below to earn up to the incentive limit. See the next page for details.

Earn \$50

- Cigna Personal Health Assessment
- Cigna online coaching modules
- Preventive cancer screening
- **New!** Manage your chronic and/or complex health condition by working with a case manager, creating a plan, and working toward agreed-upon goals

Earn \$100

- Cigna apps and activities
- Get a second opinion on musculoskeletal conditions
- **New!** Review your current treatment plan with a case manager to better understand your condition and available care and treatment options
- **New!** Participate in a Cigna EAP Wellness Webcast or speak with an EAP practitioner

You and your spouse or domestic partner can each earn:

\$500

Receive incentives in your Health Savings Account (HSA).

Details about additional activities

You and your spouse or domestic partner can each earn up to **\$200 in an HSA** by choosing from the activities below.

Earn **\$50** for the following activities:

Personal Health Assessment

Take a short online assessment at **myCigna.com** and get your Wellness Score. Your Wellness Score compares your wellness to other people's in your age group and suggests ways to improve your score.

Online coaching modules

Cigna offers online training modules that you can complete to earn incentive dollars. Online coaching is available on a wide range of subjects, including nutrition, exercise, maintaining balance, controlling asthma, managing diabetes, and quitting tobacco.

Preventive cancer screenings

That's right, get paid for having a procedure that could save your life. Get a colonoscopy, mammogram, cervical cancer screening, or prostate screening, covered at 100% with no deductible.*

New! Make progress toward your health goals with a case manager

If you are managing a chronic health condition or anticipate a significant rehab or recovery period after a major surgery, work with a case manager to create a plan and make progress toward your goals. Provide your case manager with a progress update to earn your incentive.

Healthy Pregnancies, Healthy Babies

Cigna's Healthy Pregnancies, Healthy Babies® program provides expectant parents with the support they need to stay healthy during and after pregnancy. Participate in Cigna's Healthy Pregnancies, Healthy Babies program to earn additional incentives above the maximum amounts. **Sign up during the first trimester, graduate, and earn \$250. Sign up in the second trimester, graduate, and earn \$125.**

Earn **\$100** for the following activities:

Cigna apps & activities

Get connected, have fun, and earn rewards by linking your fitness tracker or smartphone on **myCigna.com**. Get personalized recommendations, track your progress, and have fun challenging others.

Get a second opinion on musculoskeletal conditions

Advance Medical gives you access to leading experts when you're looking for a second medical opinion. Because musculoskeletal conditions (those related to the hip, joints, shoulder, knee, and neck) are a large source of benefit costs, you can automatically** earn incentive dollars for seeking treatment support information on one of these conditions – even if you don't follow the advice.

Visit **advance-medical.com/BAESystems** or call **1-888-230-2442** for more information.

New! Connect with a case manager

If you're experiencing a chronic health condition or anticipate a significant rehab or recovery period after a major surgery, work with a case manager to help you understand your condition and get help with coordinating care and treatment options.

New! Participate in a Cigna EAP Wellness Webcast or speak with an EAP practitioner

Participate in a Cigna EAP Wellness Webcast or speak with a Cigna EAP practitioner about managing your stress, new life changes, financial issues, family matters, and more.

After completing an activity, you can earn your incentives by logging in to your **myCigna** account. Click on **Wellness > Wellness and Incentives > Get Started**. Then share that you participated in a Wellness Activity.



To learn more, visit **myCigna.com** or call **1-800-530-1314**.

* Not all preventive care services are covered. For example, immunizations for travel are generally not covered. Contact Cigna at 1-800-530-1314 for a complete list of covered preventive care services.

** No form required. Incentive awards may take up to a month to appear in your account.