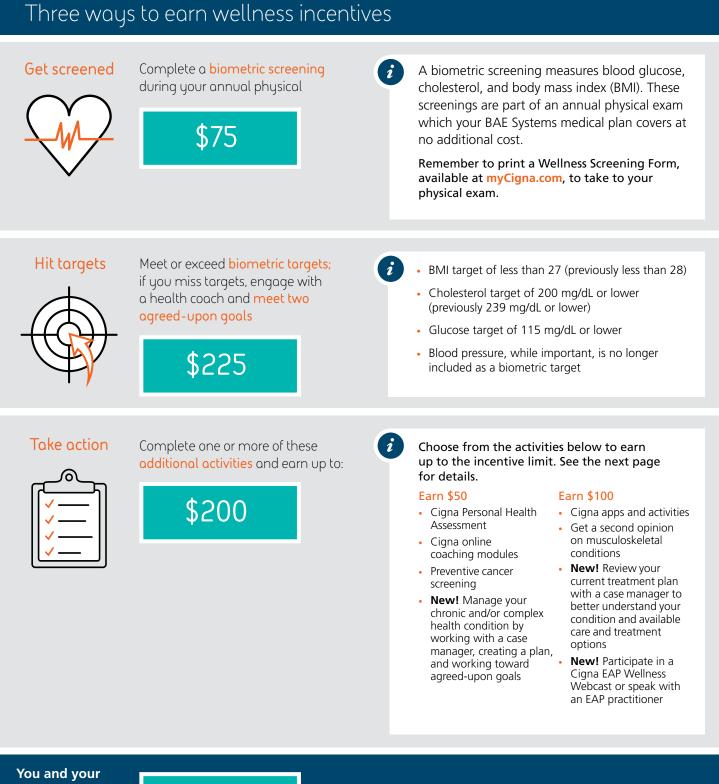
Essential Health

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!



spouse or domestic partner can each earn:



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 concer 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.

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