

CONFIRM YOUR CIGNA POINTS

My Plans

My Health

Go to www.mycigna.com Login and select the My Health tab



Hi Kelli | Profile | Contact | Forms | Español | Log Out

search myCigna.com

SEARCH

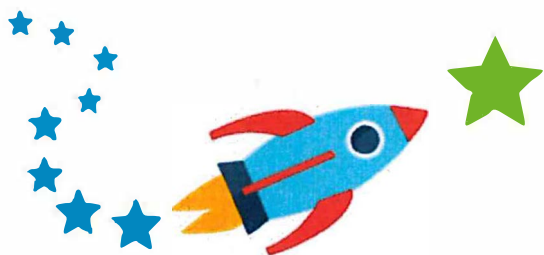
REVIEW MY COVERAGE +

MANAGE CLAIMS & BALANCES +

FIND A DOCTOR, DENTIST OR FACILITY

HOME DELIVERY PHARMACY

ESTIMATE HEALTH CARE COSTS



Take your health assessment for a healthier you

A health assessment is a fun way to learn about owning your health and improving your life.

Important: Before getting started, be sure to log into myCigna.com with your own user ID and password.

TAKE YOUR HEALTH ASSESSMENT



Go. Know. Take Control.

Visiting the doctor for an annual check-up can make a real difference in your health. Take control today



Claims & account balances

View your claims and track your balances



Feedback

I want to...

- Print or Request ID Cards
- See my Explanation of Benefits (EOB) Documents

- Go to Home Delivery Pharmacy
- Order a New Prescription

Stay Healthy

- Incentive Awards Program
- My Health Assistant Online Coaching

Help

- Change Other Insurance Information
- Health Care Glossary

Contact Cigna

- Customer Service & Claim Offices

My Plans

My Health



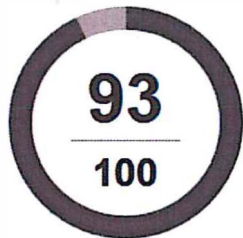
Hi Kelli | Profile | Contact | Log Out

Click "Incentive Awards"

[INCENTIVE AWARDS](#) [APPS & ACTIVITIES](#) [HEALTH ENCYCLOPEDIA](#) [HEALTH DASHBOARD](#) [PROGRAMS & RESOURCES +](#)

MY WELLNESS SCORE

Hi Kelli ! Here's your health assessment score from 04/15/2016:



Take your health assessment or view your latest score.

[TAKE MY HEALTH ASSESSMENT](#)

FAMILY INCENTIVES

You're well on your way to completing your incentives for this year. Keep it up!

Debit Card



Points



[VIEW MY INCENTIVE DETAILS](#)

HEALTH SNAPSHOT

You'll see your biometric numbers below when you complete your [health assessment](#) or get a health screening through a participating lab.



Needs Improvement

Healthy

● Body Mass Index	21
♥ Total Cholesterol	174
▲ Blood Pressure	109/76

[VIEW MY HEALTH DASHBOARD](#)

NEED TO TALK TO A NURSE?

You can speak with a specialist trained as a nurse for immediate solutions and advice on medical issues, 24 hours a day, 7 days a week at 800-244-6224.

Or, browse hundreds of the latest health Podcasts.

[CHECK OUT THE PODCASTS](#)



Home >> Incentive Awards

Incentive Awards

Total Dollars for Debit Cards:

EARNED	REDEEMED	REMAINING
\$0	\$0	\$0

Redeem your maternity award dollars [↗](#)

[Show details](#)

PROGRAM PERIOD: Current

[OVERVIEW](#) [GOALS](#)

Save, earn or score toward your 2016 awards

Your MotivateMe® program is designed using specific goals that reward you for healthy actions you take.

My Family Maximum

MotivateMe Core Goals

\$150	2
Debit Card	Points

Everyone on the plan who's eligible to participate has a specific amount they can contribute toward the family maximum.

[View all goals](#)

View Awards Earned by Family

MotivateMe Core Goals

\$0	1
Debit Card	Points

Earnings as of 04/21/2016

My Family Recent Activity

VIEW RECENT ACTIVITY FOR: Kelli

- Kelli completed "Get a personalized health assessment" 1 points awarded 02/02/2016

How it Works



- 1. Complete Goals**
Jump right into any goals you'd like and start earning awards.
- 2. Earn Awards**

ALERTS

Healthy Pregnancies / Healthy Babies Incentive [↗](#)

[Read More](#)

RELATED LINKS

- Submit Completed Form(s) Electronically [↗](#)
- Wellness Screening Form [↗](#)
- Outcome-Based Physician Recommended Alternative/Waiver Form [↗](#)
- Activity Based Physician Recommended Alternative and Waiver Form [↗](#)

NEED HELP

[FAQ](#)

FILLING OUT AN INCENTIVES FORM?

Easily submit your completed form(s) electronically and track the status. [Get started!](#) [↗](#)

Two boxes are displayed. The debit card amount is for our opt-in prenatal program, Healthy Babies.

The points are for the wellness program. The left box (*maximum*) shows how many points are needed for completion.

The right box (*earned*) shows how many points have been awarded.

When points match, you are in completion status and this serves as your confirmation page.

Please allow 5-7 days for online assessment points to populate on the incentive awards page. *Points are not populated in real time.*