Welcome to Motivate Me!

Richmond Public Schools is partnering with Cigna to offer a program that rewards you for participating in health improvement activities. This program is open to RPS employees enrolled in a medical plan through Cigna Healthcare. Don’t miss this opportunity to earn rewards for being proactive about your health.

If you earn 25 points before December 31, 2015, you will have a choice of:

Stadium Chair
Insulated Cooler
Activities that can earn you points

PUT YOUR HEALTH FIRST- EARN REWARDS

<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annual Preventive Physical Exam</td>
<td>Complete your annual preventive physical exam with your healthcare provider. This should include fasting bloodwork. **</td>
<td>50</td>
</tr>
<tr>
<td>Online Coaching Programs</td>
<td>Complete any of the online coaching programs that are available through mycigna.com. Program titles include: Improve your Nutrition, Exercise for Better Health, Maintain a Positive Mood, Work Towards a Healthier Weight, Manage your Stress, Quit Tobacco – One Month Program, Control your Asthma, Manage your Coronary Artery Disease (CAD), Manage your Chronic Obstructive Pulmonary Disease (COPD), Manage your Diabetes, Managing Heart Failure. (Cigna will award your points upon completion)</td>
<td>25 per program (max of 2)</td>
</tr>
<tr>
<td>Telephonic Coaching Program</td>
<td>Make progress toward a goal to overcome a health problem by working with a Cigna coach. (Cigna will award your points when your coach reports progress has been made.)</td>
<td>25</td>
</tr>
</tbody>
</table>
## More activities to earn points

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Annual Flu Shot</td>
<td>Get your annual flu shot at your doctor’s office or at one of Cigna’s participating pharmacies. (Cigna will award your points once your claim has been processed)</td>
<td>25</td>
</tr>
<tr>
<td>Mammogram</td>
<td>Up to 90% of breast cancers are found using mammogram tests. It is recommended for women over the age of 40. **</td>
<td>25</td>
</tr>
<tr>
<td>Colonoscopy</td>
<td>Colon cancer is often treatable when detected early. It is recommended for all age 50 and older, unless you have family history of colon cancer. In that case, you may need one at a younger age - talk with your doctor to determine what is medically necessary. **</td>
<td>25</td>
</tr>
</tbody>
</table>

**The completion of all the above programs will be verified through Cigna. You will not have to obtain any forms or provide proof of completion in order to earn points. You will earn chances for rewards by being proactive about your health.**

**Earn 25 points between August 1 and December 31, 2015, you will have a choice of a chair or a cooler.**

| Healthy Pregnancies-Healthy Babies | Work with a maternity nurse in your 1st trimester and post-partum to earn a $150 gift card. Join in the 2nd trimester to earn a $75 gift card. (you can select the gift card of your choice on the mycigna.com website) | $150 or $75 Gift cards |

** CIGNA will look back to claims from January 1, 2015 for this category and will award your points once your claim is processed.
To begin, login to myCigna.com

Login to myCigna.com

User ID
janesmith

Password

Enter User ID and Password to Login

Forgot User ID | Forgot Password | Login Help

Don't have a user ID and Password?

REGISTER NOW | REGISTRARSE EN ESPAÑOL

Registering to take the Health Assessment?
If you or your dependent(s) are registering to take the Health Assessment, each person must register separately and then log in with their own User ID and Password.

¿Está buscando myCigna en español? Obtenga más información.

Not sure which site to use? Or Other Cigna Websites & myCigna Capabilities

Or Register Now if you have not done so yet
myCigna.com Registration Page

REGISTERING TO TAKE THE HEALTH ASSESSMENT?
If you or your dependent(s) are registering to take the Health Assessment, each person must register separately. Own User ID and Password.

Enter Personal Details
You're just minutes away from accessing your Cigna online account. Please enter your information to get started.

First Name
Last Name
Date of Birth Month Day Year
Address
Address 2 (Optional)
City
State Select
ZIP Code
Your view before August 1st

Your Journey to Health is Here
Take your health assessment to identify risks and improve your health.

Please note: Each person taking the Health Assessment must register separately on myCigna, and then log in with their own User ID and Password.

ID cards
Request a new ID card or print a temporary one. Get your card.

Claims & account balances
View your claims and track your balances.

Do good things.
Get good things.
Get rewarded for the healthy actions you take. The more you do, the more you earn. MotivateMe today.

I want to...
- Print or Request ID Cards
- See my Explanation of Benefits (EOB) Documents
- Request or Cancel a Debit Card
- See my Reimbursement Requests
- See my Health Records
- Change my Communication Preferences

Stay Healthy
- Incentive Awards Program
- My WebMD Health Manager
- Manage My Health

Help
- Change Other Insurance Information
- Health Care Glossary

Contact Cigna
- Customer Service & Claim Offices
Your view now

Take your health assessment for a healthier you
A health assessment is a quick, fun way to learn about owning your health and living a happier, healthier life. Shoot for the moon!

TAKE YOUR HEALTH ASSESSMENT

Talk with a doctor anytime
Connect with a nationwide network of Board Certified physicians through secure video or phone.
Learn more

ID cards
Get one today

myCigna on the go
Find a doctor, view ID card information, check claims and more.
Learn More

I want to...
- Print or Request ID Cards
- See my Explanation of Benefits (EOB) Documents
- See my Reimbursement Requests
- Go to Cigna Home Delivery Pharmacy
- Order a New Prescription
- Order a Refill
- Get a Drug Price Quote

Stay Healthy
- Incentive Awards Program
- My Health Assistant Online Coaching
- My Personal Health Team (iPHT)

Help
- Change Other Insurance Information
- Health Care Glossary

Contact Cigna
- Customer Service & Claim Offices
Spread the word about cool rewards

If you earn 25 points by December 31, 2015 you will have a choice of receiving a folding chair or folding cooler with the RPS logo.