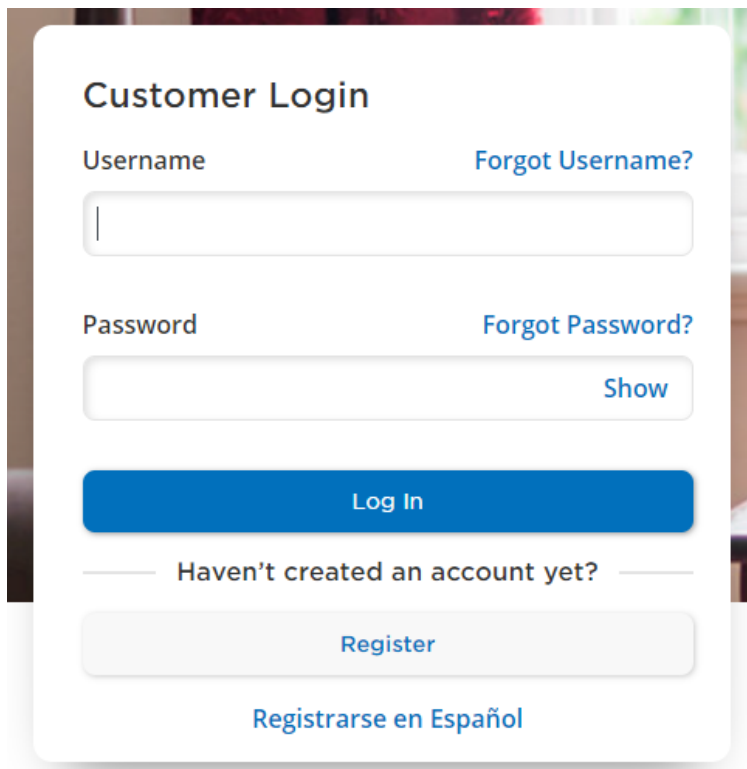


Earn HRA Incentive Dollars

Below are step-by-step instructions on earning your HRA/HSA Incentive dollars for those employees enrolled in the Cigna Platinum, Gold or Bronze Medical Plans or the Gold Plus. If you are not enrolled, you are still eligible to earn Incentive dollars. All steps below must be completed in the current Plan Year (January 1 – December 31) for you to receive the HRA Incentive dollars. If your spouse or domestic partner is also covered, they must complete the items below as well. Please note that if you cover a spouse or domestic partner, the incentive amounts stated below are half the amount for you and your spouse/domestic partner.

Where to find your Incentives

First you must go to the site at www.mycigna.com. If you've not yet registered, click, "Register." Otherwise login.

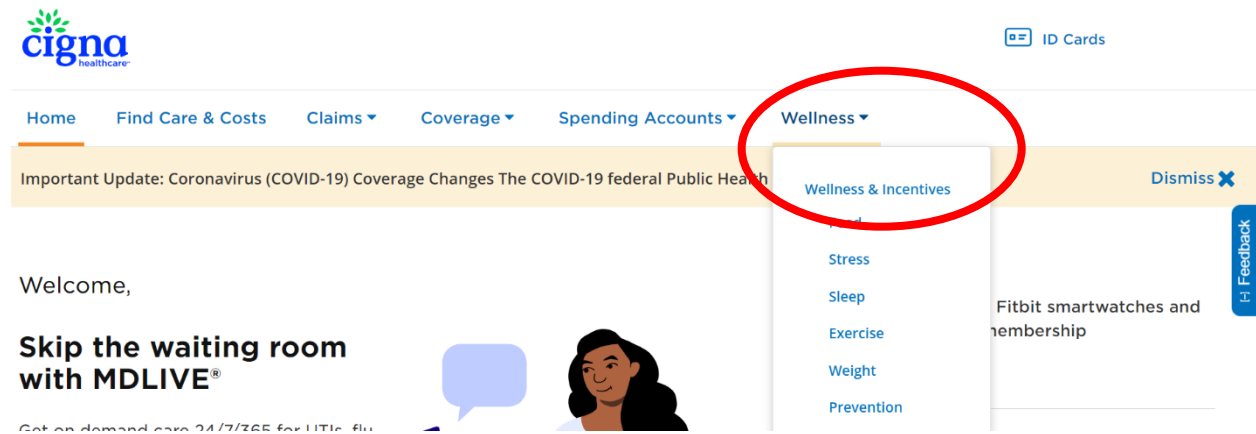


The image shows a screenshot of the Cigna Customer Login page. The page has a white background with a blue header area. The main content is a white box with a blue border. At the top of the box is the title "Customer Login". Below the title are two input fields: "Username" and "Password". To the right of the "Username" field is a link "Forgot Username?". To the right of the "Password" field is a link "Forgot Password?". Below the "Password" field is a "Show" button. Below the input fields is a blue "Log In" button. Below the "Log In" button is a link "Haven't created an account yet?". Below the "Haven't created an account yet?" link is a "Register" button. At the bottom of the box is a link "Registrarse en Español".

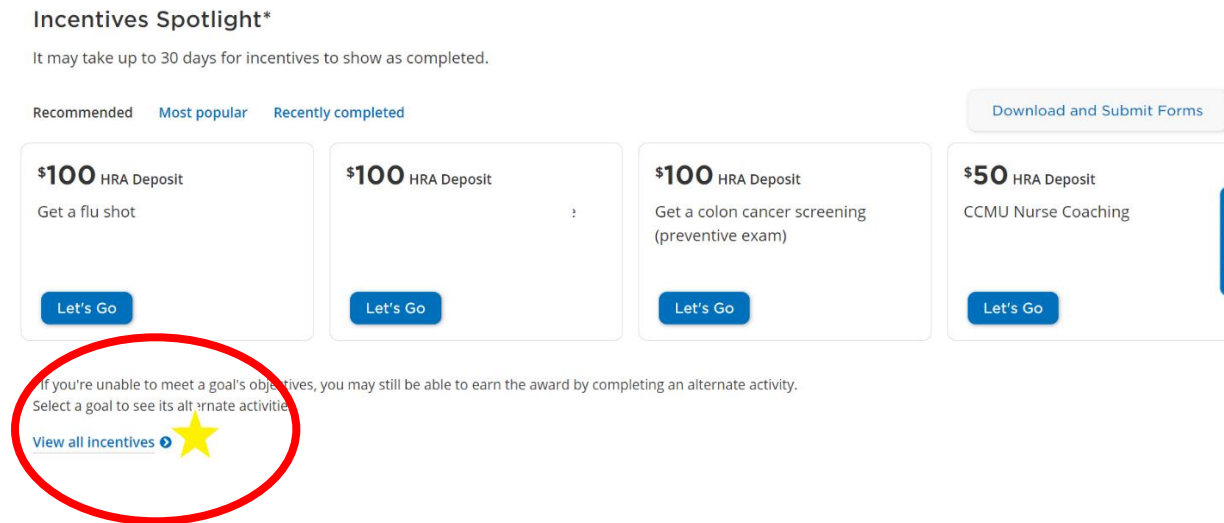
Employees not enrolled with Cigna will still need to create a Cigna account in order to access Incentives.

Earn HRA Incentive Dollars

Next you will navigate to the Wellness tab and click on, "Wellness & Incentives."



Once you are on the Wellness page, scroll down on the page until you see under Incentives Spotlight, "View all Incentives" **located by the gold star below.**



Earn HRA Incentive Dollars


[← Back to Wellness & Incentives](#)

All Incentives Current Plan Year ▾

Incentives earned

Extra Gift/Debit Cards ?	HRA Deposit ?
\$0 out of \$375	\$0 out of \$300
<div style="width: 0%; height: 10px; background-color: #00a0e3;"></div>	<div style="width: 0%; height: 10px; background-color: #00a0e3;"></div>

You have 0 Gift/Debit Cards dollars to redeem. [Redeem awards](#) [?](#)



Showing Available Incentives ▾ Download and Submit Forms

On the next page, you will see how the Incentives are broken up into their respective categories. Some assessments can be self-reported and completed by the employee, while others require a provider to submit a bill to Cigna.

▶ Personal Health Assessment	HRA Deposit Earned \$0 out of \$100 ?
▶ Preventive Care	HRA Deposit Earned \$0 out of \$300 ?
▶ Health Coaching by Phone	HRA Deposit Earned \$0 out of \$150 ?
▶ Self Reported Activities	HRA Deposit Earned \$0 out of \$900 ?
▶ Extra Goals Extra goals can be earned above and beyond your global cap.	



Earn HRA Incentive Dollars

Under Self-Reported Activities, they will usually require you to supply a date of completion. Once you provide the date, certify and press “complete goal,” Cigna will process your HRA Incentive request.

Self Reported Activities HRA Deposit Earned
\$0 out of \$900 ?

I can proudly say I am living life nicotine free **\$100**
HRA Deposit

Show your commitment to living a healthy lifestyle by participating in a health and wellness activity. Available
01/01/24 – 12/31/24

Complete a wellness activity and self report the date that you completed the goal.

Tell us more about your completed goal
To report a health goal, simply choose the date of the activity, check the certification box and submit. Note- you must be logged in to your own myCigna account. You cannot report on behalf of another person.

I completed this goal on:
Month Day Year

I certify that I've completed this goal on the date provided.

NOTE: Please allow up to 24 hours for this goal to show as completed.

Important Note: Please allow 5 – 10 business days from the completion dates below to receive your incentive dollars in your HRA.

If you have questions, you may call Cigna at 1-800-244-6224 for further assistance.