

2024 Wellness Works! Incentive Program Structure

Activity	Milestone	Reward	Limit
Annual Health Assessment (*REQUIRED* to unlock additional milestones)	A confidential questionnaire that asks you about your health and well-being and provides a personalized assessment of your current health. Biometric data must be provided using the Cigna My Health Assessment tool.	\$100	1
Annual Well-Visit	Complete your annual well-visit with your Primary Care physician.	\$100	1
Health Coaching - Telephonic (Cigna Members only)	Work with a Cigna health coach to manage a health issue.	\$50 Each	1 per health issue. Cannot combine with online health coaching.
Health Coaching - Online	Complete an online health coaching module to manage a health issue.	\$50 Each	1 per coaching issue. Cannot combine with telephonic health coaching.
Annual Preventive Care	Complete a routine OB/GYN Exam Complete a colorectal cancer screening Complete a prostate screening Complete a routine mammogram	\$50 Each	1 per screening
Self-Reported Preventive Care and Activities	Get a flu shot Get a dental cleaning Get an eye exam Participate in an LCPS Wellness Works! Challenge or Webinar Participate in an LCPS-sponsored wellness course or training CSA Membership Participate in a Race/Run/Ride Participate in 12 workouts in one month Purchase a wearable device or exercise equipment	\$25 \$25 \$25 \$25 \$25 \$50 \$50 \$50 \$50	1 per milestone



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Healthy Pregnancy Healthy Babies incentive will not count towards the total