

Cigna Medicare Advantage Incentives Rewards

Maximum reward total for 2024: \$200



Stay healthier	Reward	Limit
Yearly Health Check-up —must complete to earn any rewards	\$30	1 per year
Mammogram	\$25	1 per year
Diabetes Management —must complete two different screenings: › HbA1c (A1c) blood sugar test › Diabetic kidney test › Diabetic eye exam › Diabetic foot exam	\$30	1 per year
Colorectal Screening —get one of these screenings: › 1-yr FOBT or FIT › 5-yr Sigmoidoscopy/CT Colonography › 3-yr FIT-DNA Test › 10-yr Colonoscopy	\$15 (1 or 3-yr) \$30 (5 or 10-yr)	1 per year
Bone Density Screening	\$25	1 per year
Flu Shot —get a shot at a provider’s office or a pharmacy	\$10*	1 per year
Stay prepared NEW!	Reward	Limit
PCP Selection —add your primary care provider (PCP) to your profile by calling Customer Service at the phone number on your Cigna Healthcare SM ID card	\$10**	1 time
Stay engaged	Reward	Limit
Community Engagement —do one of these: › Volunteer › Participate in an athletic event › Go to a community event or › Attend a class or club Cigna Healthcare seminar (yoga, gardening, aerobics, etc.)	\$10*	1 per year
Online Engagement at myCigna.com —do any activity › Register › Check rewards balance › Update contact information › View claims, and more... › Opt in to paperless communications	\$5	1 per quarter, up to \$20 each year
Stay active with the Silver&Fit® program	Reward	Limit
Get Started —do one of these: › Join a Silver&Fit fitness center › Order a Silver&Fit home fitness kit › Enroll in the Silver&Fit Healthy Aging coaching program	\$10	1 per year
Keep Going —do either of these: › Complete at least 12 workouts (go to a Silver&Fit fitness center, use Silver&Fit on-demand videos at home, or both) › Complete the Silver&Fit Healthy Aging coaching program	\$10	1 per quarter, up to \$40 each year

*If you get a **Flu Shot at a pharmacy** or complete a **Community Engagement activity**, you must tell us to receive your reward. Log in at myCigna.com and click the “View Incentives” button on the Wellness tab, or call Customer Service at the phone number on your Cigna Healthcare ID card.

****PCP Selection** is rewarded only once to a Cigna Healthcare customer and is not an annual reward. To find a PCP near you, log in at myCigna.com or call Customer Service at the phone number on your Cigna Healthcare ID card.

Cigna Healthy Today card

Q: What is the Cigna Healthy Today card?

A: Your Medicare Advantage Plan includes a **Cigna Healthy Today** benefit card. Any incentive reward dollars you earn will automatically be posted to your card and can be used to purchase health and wellness products.

Depending on your plan, additional preloaded benefit allowances may be included on your Cigna Healthy Today card. Review your Benefit Guide or EOC Snapshot for your plan's coverage details.

You will receive your Cigna Healthy Today card when you join your Cigna Healthcare Medicare Advantage plan. Be sure to keep it in a safe place. If your card is lost or stolen, you can request a replacement by calling the Cigna Healthy Today Service Center at **1-866-851-1579 (TTY 711)**, Monday – Friday, 8 a.m. – 11 p.m. EST.

Q: How can I use my Cigna Healthy Today card?

A: Incentive rewards will be loaded automatically onto your Cigna Healthy Today card as you earn them. You can use your card when paying for health and wellness products at retail stores.

To check your card balance, go to **CignaHealthyToday.com** or call our Cigna Healthy Today card vendor at **1-866-851-1579 (TTY 711)**. You can also log in to **myCigna.com** to view your balance and get more information about your card.

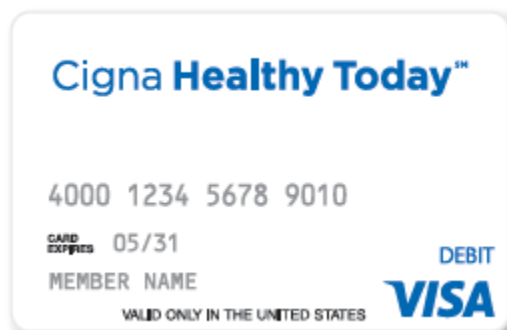
Q: What happens if my Cigna Healthy Today card balance does not cover the cost of my purchase?

A: If you attempt a purchase amount that is greater than your available balance, the cashier will be prompted to ask for an additional form of payment to cover the remaining balance.

Q: Can I use the Cigna Healthy Today card for online purchases?

A: If you would like to use your Cigna Healthy Today card to purchase over the counter (OTC) health-related items online, you can do so at **CignaHealthyToday.com**.

The Cigna Healthy Today card can only be used in-store at participating retail locations. It cannot be used online at retailers' websites or apps.



Recipient must be an eligible Cigna Healthcare customer at the time of the activity. Incentives vary by plan and market. Customer must be registered in the program by January 31, 2025. Completing the Yearly Health Check-Up is required to activate rewards. It may take up to 90 days to receive and verify a claim or activity; once verified, reward funds will be loaded to the customer's Cigna Healthy Today card. Rewards are intended for health and wellness products only. Rewards cannot be used toward the purchase of tobacco, firearms, explosives or other select products. Limitations, exclusions, and restrictions may apply. Additional fees or copays may apply based on additional services; please refer to your Evidence of Coverage (EOC). Participating vendors are independent contractors and solely responsible for any products or services provided as part of the program. The program may be changed or discontinued at any time.

The Silver&Fit program is provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). Silver&Fit is a federally registered trademark of ASH and used with permission herein. Home kits are subject to change. Participating facilities and fitness chains may vary by location and are subject to change.

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