



TAKE CARE. GET REWARDED.

Get rewarded for the healthy actions you take.
The more you do, the more you earn.



HEALTHY YOU. HAPPY WALLET.
Cigna MotivateMe Program®

Together, all the way.®



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COMPLETE START UP GOALS

You must complete these goals before any others to earn incentive awards.

All Primary Active GVI Employees on the Cigna Plan and their Covered Spouses are eligible to participate in MotivateMe. Additionally, Cigna Covered Retirees Under 65 and UVI and Port Authority Employees on the Cigna Plan are eligible; Covered Spouses of these Employees/Retirees are also eligible for MotivateMe. Please note, covered Dependents are not eligible.

If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Cigna at 800.433.1230 and they will work with you and, if you wish, with your doctor.

For participants who may have an impairment: If you are unable to participate in any of the program events, activities or goals, because of a disability you may be entitled to a reasonable accommodation for participation, or an alternative standard for rewards. For work-site accommodations please contact Group Health Insurance Unit at 340.774.8588 or 340.774.8588; for accommodations with online, phone or other Cigna programs, please contact Cigna at 800.433.1230.

Goal type	Description	Who's eligible	Award type	Amount	Timing
Get a personalized health risk assessment	A confidential questionnaire that asks you about your health and well-being and provides a personalized assessment of your current health.	Primary Active Employees and covered spouses of the GVI, UVI and PA; Retirees U65 Covered Spouses	Gift/Debit Card	\$15 Employee/ \$0 Spouses	10/01/2023-09/30/2024
Start Up Goal Get a personalized biometric health screening	Know your numbers. Complete blood pressure, cholesterol, blood sugar and body mass index (BMI) screening.	Primary Active Employees and covered spouses of the GVI, UVI and PA; Retirees U65 and their covered spouses	Gift/Debit Card	\$20 Employee/Spouse	10/01/2023-09/30/2024
Complete my annual physical (preventive exam)	A preventive exam that's used to reinforce good health, address potential and chronic problems.	Primary Active Employees and covered spouses of the GVI, UVI and PA; Retirees U65 and their covered spouses	Gift/Debit Card	\$50/Employee \$30/Spouse	10/01/2023-09/30/2024
Get my annual OB/GYN exam (preventive exam)	A preventive exam that can identify early ovarian and cervical cancers, HPV (human papillomavirus), breast cancer and more.	Primary Active Employees and covered spouses of the GVI, UVI and PA; Retirees U65 and their covered spouses	Gift/Debit Card	\$50/Employee \$30/Spouse	10/01/2023-09/30/2024
Get a preventive dental exam	The flu is not just a nuisance-it can lead to more serious health issues. Help protect yourself and others around you.	Primary Active Employees of the GVI, UVI and PA; Retirees U65	Gift/Debit Card	\$20/Employee	10/01/2023-09/30/2024 (frequency of 2/year)
Get a mammogram (preventive exam)	Breast cancers can be found using mammogram tests. Get tested and earn awards.	Primary Active Employees of the GVI, UVI and PA; Retirees U65	Gift/Debit Card	\$25/Employee	
Get a colon cancer screening (preventive exam)	Colon cancer can be treatable when detected early. Get tested.	Primary Active Employees of the GVI, UVI and PA; Retirees U65	Gift/Debit Card	\$25/Employee	10/01/2023-09/30/2024
Get a cervical cancer screening (preventive exam)	Pap and HPV tests can detect changes that lead to cervical cancer.	Primary Active Employees of the GVI, UVI and PA; Retirees U65	Gift/Debit Card	\$25/Employee	10/01/2023-09/30/2024
Get a prostate screening (preventive exam)	A prostate screening can detect changes that lead to prostate cancer.	Primary Active Employees of the GVI, UVI and PA; Retirees U65	Gift/Debit Card	\$25/Employee	10/01/2023-09/30/2024
Talk to a health coach and make progress to overcome a chronic health problem	Work one-on-one with a health coach on a long-term health problem such as congestive heart failure, depression, diabetes, low back pain, etc.	Primary Active Employees of the GVI, UVI and PA; Retirees U65	Gift/Debit Card	\$20/Employee	10/01/2023-09/30/2024
Complete 16 lessons of the 16-week Cigna Diabetes Prevention Program	More than 1 out of 3 people are at risk for diabetes. Are you? This online program, available through Cigna, in collaboration with Omada, helps you make lifestyle changes that can reduce risks. Get started now.	Primary Active Employees of the GVI, UVI and PA; Retirees U65	Gift/Debit Card	\$20/Employee	10/01/2023-09/30/2024
I participated in a Challenge (e.g. Sleep Challenge, Hydration Challenge, etc.)	If you participated in a health and wellness activity, it shows your commitment to a healthy lifestyle. Tell us about it.	Primary Active Employees of the GVI, UVI and PA; Retirees U65	Gift/Debit Card	\$5 Employee up to 4 times/yr	10/01/2023-09/30/2024 (frequency of 4/year)

Goal type	Description	Who's eligible	Award type	Amount	Timing
I completed an Onsite Event (e.g. attend Expo, Lunch and Learn, Webinar, etc.)	If you participated in a health and wellness activity, it shows your commitment to a healthy lifestyle. Tell us about it.	Primary Active Employees of the GVI, UVI and PA; Retirees U65	Gift/Debit Card	\$5 Employee up to 4 times/yr	10/01/2023-09/30/2024 (frequency of 4/year)
I completed a Physical Activity for 45 minutes or more (e.g. gym, walking, Zumba, kickboxing, etc.)	It's good for your body, mind and soul. Tell us what you did today that put your body in motion.	Primary Active Employees of the GVI, UVI and PA; Retirees U65	Gift/Debit Card	\$5 Employee up to 4 times/yr	10/01/2023-09/30/2024 (frequency of 4/year)
I participated in Group Activity/Sport (e.g. bowling, kickball league, etc.)	It's good for your body, mind and soul. Tell us what you did today that put your body in motion.	Primary Active Employees of the GVI, UVI and PA; Retirees U65	Gift/Debit Card	\$5 Employee up to 4 times/yr	10/01/2023-09/30/2024 (frequency of 4/year)
I participated in a wellness activity	Get a flu shot	Primary Active Employees of the GVI, UVI and PA; Retirees U65	Gift/Debit Card	\$5/Employee	10/01/2023-09/30/2024
I participated in a wellness activity	COVID-19 Vaccine or Booster	Primary Active Employees of the GVI, UVI and PA; Retirees U65	Gift/Debit Card	\$5/Employee	10/01/2023-09/30/2024



Please consult your doctor for medical advice or services, including seeking advice prior to undertaking a new diet or exercise program.

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