

# Cigna Medicare Advantage Incentives Rewards

Maximum reward total for 2024: \$200



Stay healthier	Reward	Limit
<b>Yearly Health Check-up</b> —must complete to earn any rewards	\$30	1 per year
<b>Mammogram</b>	\$25	1 per year
<b>Diabetes Management</b> —must complete two different screenings: › HbA1c (A1c) blood sugar test      › Diabetic kidney test › Diabetic eye exam                      › Diabetic foot exam	\$30	1 per year
<b>Colorectal Screening</b> —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
<b>Bone Density Screening</b>	\$25	1 per year
<b>Flu Shot</b> —get a shot at a provider’s office or a pharmacy	\$10*	1 per year
Stay prepared <b>NEW!</b>	Reward	Limit
<b>PCP Selection</b> —add your primary care provider (PCP) to your profile by calling Customer Service at the phone number on your Cigna Healthcare <sup>SM</sup> ID card	\$10**	1 time
Stay engaged	Reward	Limit
<b>Community Engagement</b> —do one of these: › Volunteer                                      › Participate in an athletic event › Go to a community event or Cigna Healthcare seminar      › Attend a class or club (yoga, gardening, aerobics, etc.)	\$10*	1 per year
<b>Online Engagement at myCigna.com</b> —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
<b>Get Started</b> —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
<b>Keep Going</b> —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. INT\_24\_1068811\_C

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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