

# IT'S WORTH IT TO TAKE CARE.



For you and your wallet.



Through Cigna's® MotivateMe Incentive Awards Program, NMPSIA provides you with financial rewards for the healthy actions you take.

Earn up to a **\$100 gift card** by completing the activities below:

- Get a personalized health assessment
- Improve your nutrition
- Exercise for better health
- Maintain a positive mood
- Work Toward a Healthier Weight
- Manage Your Stress
- Quit Tobacco
- Manage Your Diabetes



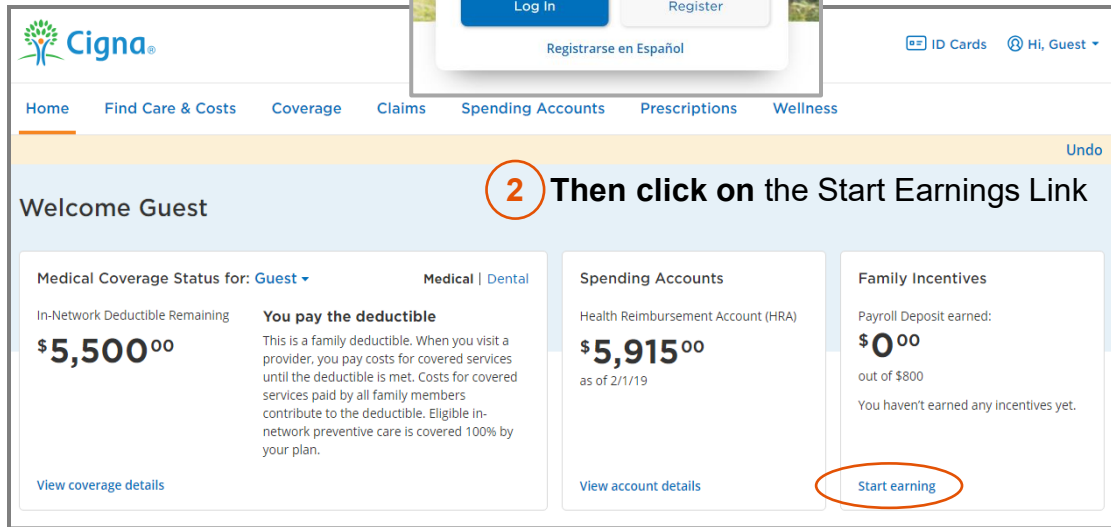
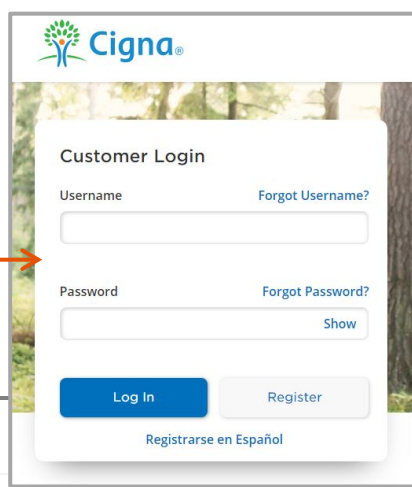
Once you've earned rewards, **you must go online and redeem your gift card.** It will not be automatically sent by Cigna. Follow the instructions below to redeem your card:

- Login to [myCigna.com](https://myCigna.com), hover over Wellness and select Incentive Awards
- Along the top of the landing page, select Redeem Your Dollars
- You'll be taken to Hallmark's site – enter your information and your card will be mailed directly to you

Program deadline is **December 31, 2021**. Don't miss out on your opportunity to earn rewards and get healthy!

Ready to get started? Log in now

1 Go to myCigna.com. Enter your user ID and password or take this opportunity to register now.



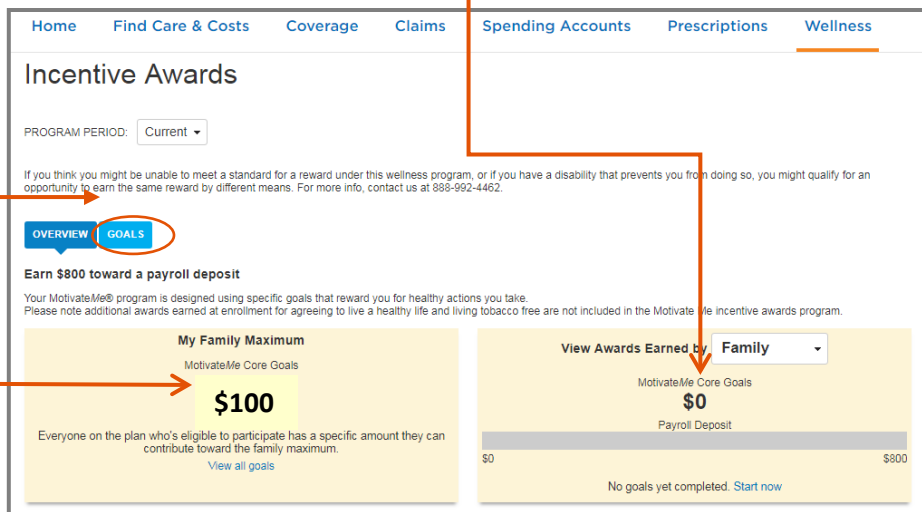
2 Then click on the Start Earnings Link

Congratulations on taking the first step to a healthier you (and happier wallet).

Take some time to explore.

3 Select 'Goals' to view full list of activities to start earning!

2 'View Awards Earned' is a tracker that shows rewards earned for healthy behaviors



1 'Maximum' shows the total rewards a NMPSIA employee is eligible to earn

For all participants – 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 800.244.6224 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 worksite accommodations, please contact your HR representative; for accommodations with online, phone or other Cigna programs, please contact Cigna at 800.244.6224.