

IT'S WORTH IT TO TAKE CARE.



For you and your wallet.



New Mexico
Public Schools
Insurance
Authority

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

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

- Complete your Health Assessment
- Complete Online Health Coaching
- Connect to Apps & Activities
 - Select healthy activities, complete them each week and make progress toward earning MotivateMe incentives



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

- Login to 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 InComm'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.

The image shows a 'Customer Login' form on the myCigna.com website. It includes fields for 'Username' and 'Password', with links for 'Forgot Username?' and 'Forgot Password?'. There are 'Log In' and 'Register' buttons, and a link for 'Registrarse en Español'.

2 Then click on the Start Earnings Link

The image shows the myCigna.com dashboard for a guest user. The dashboard includes a navigation bar with links like 'Home', 'Find Care & Costs', 'Coverage', 'Claims', 'Spending Accounts', 'Prescriptions', and 'Wellness'. Below the navigation bar, there are several cards: 'Medical Coverage Status for: Guest', 'Medical | Dental', 'Spending Accounts', and 'Family Incentives'. The 'Family Incentives' card shows 'Payroll Deposit earned: \$0.00' and a 'Start earning' link circled in red.

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 Spectrum Retirement employee is eligible to earn

The image shows the 'Incentive Awards' page on the myCigna.com website. It features a navigation bar with links like 'Home', 'Find Care & Costs', 'Coverage', 'Claims', 'Spending Accounts', 'Prescriptions', and 'Wellness'. Below the navigation bar, there are several sections: 'PROGRAM PERIOD: Current', a disclaimer, 'OVERVIEW' and 'GOALS' tabs, 'Earn \$800 toward a payroll deposit', 'My Family Maximum' (showing \$100), and 'View Awards Earned by Family' (showing \$0). The 'GOALS' tab is circled in red, and the 'View Awards Earned by Family' section is also circled in red.

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.