

# IT'S WORTH IT TO TAKE CARE.



For you and your wallet.



New Mexico  
Public Schools  
Insurance  
Authority

New Mexico Public Schools Authority offers additional ways for you and your spouse to **earn up to a \$100 debit card** for 2022 with the activities below:

- Complete the online Health Assessment on myCigna.com: **\$25**
- Complete online health coaching for a chronic condition: **\$25 (each)**
- Complete Preventive Annual Care Exam: **\$25**
- Received your COVID/Flu Vaccine **\$25**
- Completed Annual Preventive Care/Wellness Visit with PCP: **\$25**
- Participated in the Healthy Wage Weight Loss Challenge: **\$25**
- Worked with a Lifestyle Management Coach (tobacco cessation, stress management, weight management): **\$25**
- Get connected! Have fun and earn rewards on Apps & Activities: **\$25**



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, and click on "wellness & incentives" on the home page
- Once you are on the wellness page, click on "view all incentives"
- After you click to redeem your incentives, you will enter your information and your card will be mailed directly to you

Program deadline is **December 31, 2022**. Don't miss out on your opportunity to earn rewards and get healthy!