

**JM FAMILY
WELLNESS INCENTIVES**

Wellness Incentives

The wellness incentives under JM Family's MotivateMe program are designed to encourage you and your spouse, if applicable, to make healthy lifestyle choices. This program may help you identify risk factors early on, engage you in your healthcare and reward you for making the right choices. These additional company contributions will help you pay your plan deductible and coinsurance amounts or save extra funds for future healthcare costs.

Coverage Level	Annual Maximum
Associate only	\$500
All other coverage tiers*	\$1,000

*Associates covering only dependent children will be rewarded with the full \$1,000 maximum once they earn more than \$500 in incentives.

Associates and covered spouses **must** first complete the online Health Assessment under the MotivateMe program to receive further wellness incentives from the Company. Log in to www.myCigna.com and navigate to the Wellness section to get started.

WELLNESS INCENTIVES

2021 WELLNESS INCENTIVES

ASSOCIATE ONLY: \$500 ALL OTHER COVERAGE TIERS: \$1,000

THESE INCENTIVES ARE CREDITED AUTOMATICALLY ONCE COMPLETED

ACTIVITY	INCENTIVE	WHAT YOU MUST DO
Complete Your Health Assessment	\$50	Before you can obtain additional credits for other activities listed below, you must first complete a confidential questionnaire online. You'll be asked about your health and well-being and then provided with a personalized assessment of your current health. (Remember, each covered family member taking this assessment needs to register individually on myCigna.com.)
Obtain Your Biometric Health Screening	\$100	Know your numbers. Complete blood pressure, cholesterol, blood sugar and body mass index (BMI) screenings.
Get Connected! Earn Rewards with Apps & Activities (up to four activities per year)	\$25	Explore the top health devices and apps to help you stay motivated and challenge yourself. Earn 1,000 points and get an award.
Improve Your Nutrition (up to four activities per year)	\$25	Eating healthy is essential to your overall well-being. Complete the Eat Better online program to get your nutrition on track.
Benefits of Exercise (up to four per year)	\$25	Good fitness is important for better focus, higher energy and overall happiness. Complete the Enjoy Exercise online program.
Work Toward a Healthier Weight (up to two activities per year)	\$25	Losing even a small amount of weight can improve your health in many ways. Complete the Lose Weight online program.

THESE INCENTIVES ARE CREDITED ONCE LOGGED

ACTIVITY	INCENTIVE	WHAT YOU MUST DO
Maintain a Healthy Weight or Participate in a Weight Management Program	\$100	Share the action you took today that shows your commitment to losing or maintaining a "feel good" weight.
Complete Recommended Cancer Screenings	\$100	Check with your doctor about what tests you should have. Once they're complete, log it!
Receive a Flu Shot	\$50	Get your annual vaccine to reduce your chances of getting sick.
Chronic Condition Health Management (up to four activities per year)	\$25	Participating in a health and wellness activity shows your commitment to a healthy lifestyle. Tell us about it!
Stress Management Program	\$75	Stress is unavoidable, but we can help you manage it. Complete three sessions with a health coach over the phone.
Fitness Workout: 90 Minutes per Week (up to four activities per year)	\$25	It's good for your body, mind and soul. Tell us what you did today that put your body in motion.