


# For all **your** life.



## Make your health a priority and earn the 2024 medical plan wellness incentive

Establishing an ongoing relationship with a Primary Care Physician (PCP) is essential to understanding your overall health. **Now through November 30th** employees and spouses enrolled in a Cigna medical plan through Lurie Children's Hospital can participate in two healthy activities and **save on 2024 medical plan premiums**. Keep reading to learn more.

## Complete your healthy activities by November 30, 2023

Having a Primary Care Physician (PCP) is key to navigating your health and staying healthy. Make your health a priority and earn the 2024 medical plan wellness incentive through Lurie Children's partnership with Cigna. Participation is voluntary, completely confidential and free of cost to you. You and your enrolled spouse can earn the 2024 medical plan wellness incentive by engaging in and completing two healthy activities before **November 30, 2023**:



### Complete the Cigna online health assessment

**Existing Cigna account?** Select the Wellness tab from your [mycigna.com](https://mycigna.com) home page or on the **MyCigna mobile app**, click *Health Assessment*, then *Take Assessment*.

**New to Cigna?** Follow these steps to register on [mycigna.com](https://mycigna.com) or through the **MyCigna mobile app**:

- Select *Register*
- Enter your name, address and date of birth
- Confirm your identity with your Cigna ID number
- Create a user ID and password you will remember
- Review and select *Submit*



### Complete your wellness/preventive annual physical exam with your Primary Care Physician (PCP)

Schedule and complete a wellness/preventive annual physical exam with your PCP. Completion of this activity will be validated through Cigna claims activity—no additional forms are needed. To qualify for the incentive, a complete wellness/preventive annual physical exam must be performed by a PCP; this service is separate from an annual well-woman visit provided by an OB/GYN.

**Note:** Any wellness/preventive annual physical exams that occurred December 1, 2022 through November 30, 2023 will be accepted. If you complete your wellness/preventive annual physical exam later within the incentive plan time period, there could be a delay in processing.

For participants who may have an impairment or are unable to participate in any of the healthy activities because of a disability, you may be entitled to a reasonable accommodation for participation. For work-site accommodations, please email [peoplequestions@luriechildrens.org](mailto:peoplequestions@luriechildrens.org).



### Explore all your Lurie Children's benefits

Learn about additional no-cost programs available to you like the Employee Assistance Program (EAP), Cigna's Diabetes Prevention Program with Omada®, Cigna's Healthy Pregnancies/Healthy Babies Program, Cigna's Lifestyle Management Program, WINFertility, and many more. All of your wellbeing resources can be found on the Lurie Children's Wellbeing Portal at [myLurieBenefits.com](https://myLurieBenefits.com).