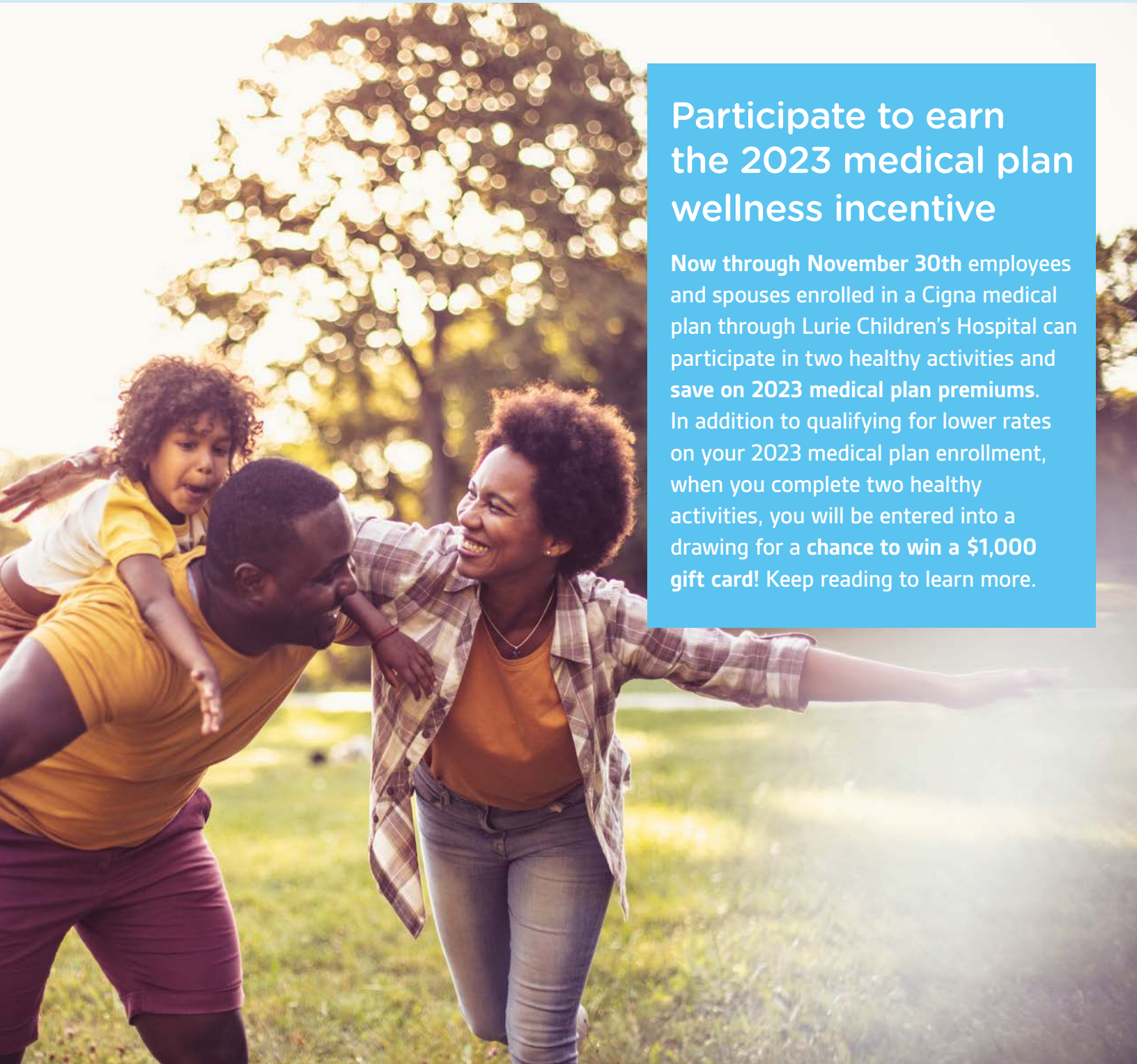


For all **your** life.

Participate to earn the 2023 medical plan wellness incentive

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 2023 medical plan premiums. In addition to qualifying for lower rates on your 2023 medical plan enrollment, when you complete two healthy activities, you will be entered into a drawing for a chance to win a \$1,000 gift card! Keep reading to learn more.



Complete your healthy activities by November 30, 2022

Earning the 2023 medical plan wellness incentive in partnership with Cigna makes it easier and more rewarding to make your health a priority. Participation is voluntary, completely confidential and free of cost to you. You and your enrolled spouse can earn the 2023 medical plan wellness incentive by engaging in and completing two healthy activities before **November 30, 2022**:



1

Complete the Cigna online health assessment

Existing Cigna account? Select the Wellness tab from your **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** 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*



2

Complete your annual physical exam with your primary care provider (PCP)

Schedule and complete an 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 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 annual physical exams that occurred December 1, 2021 through November 30, 2022 will be accepted.

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.



Your chance to win a \$1,000 gift card!

In addition to saving on your 2023 medical plan premiums, by completing the healthy activities, you will be entered into a drawing for a chance to win a \$1,000 gift card. **You could be 1 of 10 winners!** Winners will be announced after November 30, 2022.



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® and the Cigna Healthy Pregnancies/Healthy Babies Program. All of your wellbeing resources can be found on the Lurie Children's Wellbeing Portal at myLurieBenefits.com.