



EARLY BIRD REWARDS

REMEMBER: 3 EASY STEPS



ANNUAL EXAM

Deadline: January 31, 2020



HEALTH ASSESSMENT

Deadline: March 13, 2020



WELLNESS ENGAGEMENT

Deadline: March 13, 2020

EARN YOUR DISCOUNT!

FOR MORE DETAILS:



Complete your Health Assessment early to earn more chances to win a \$250 gift card

Active employees who complete the 2019 Health Assessment early will be entered in a drawing for a \$250 gift card based upon their date of completion. The earlier you complete the Health Assessment, the more chances you get.

Health Assessment Completion Date	Number of Entries
June 30, 2019	10
August 31, 2019	6
November 30, 2019	4
January 31, 2020	2



The drawing will take place on or around February 15, 2020.

Complete your Health Assessment early to earn greater Healthy Awards amounts

Active employees who complete the 2019 Health Assessment will be granted Healthy Awards funds for the 2020-2021 medical plan year based on the date of completion (assuming completion of the remaining 90% of the Wellness Program). Employees who complete the Health Assessment sooner will be eligible for a greater award amount.

Health Assessment Completion Date*	Amount of Award
November 15, 2019	\$65
December 31, 2019	\$35
March 13, 2020	\$20

*Participants must complete 100% of the 2019-2020 Wellness Program by March 13, 2020 to be eligible for Healthy Awards funds.



Visit mycigna.com to complete your Health Assessment today!