



TRANSFORM YOUR HEALTH & EARN \$500!



Permanent full-time employees enrolled in the City's Cigna medical plans can earn a \$500 wellness incentive! Complete three required activities and earn 500+ points by December 31.



300 Points

Complete these three **required** activities once per year.

- ✓ Annual Physical
- ✓ Biometric Screening
- ✓ myCigna Health Assessment

200+ Points

Complete these wellness activities to earn additional points.

Automatically Tracked Activities

Once per year, earn points for each of these preventative screenings and coaching sessions that are automatically tracked in your [myCigna.com](https://mycigna.com) account.

50 Points

- Flu Shot
- Annual OB/GYN Exam
- Mammogram
- Cervical Cancer Screening
- Prostate Cancer Screening
- Health Coaching Session at the City's Health and Wellness Center

200 Points

- Colon Cancer Screening

Self-Reported Activities

You must enter/report these activities in your [myCigna.com](https://mycigna.com) account by December 31.

- **Wellness Activity** (e.g., breakfast/lunch and learns or wellness webinars) – 25 points each, 4 per year
- **Physical Activity** (e.g., workouts, walking or exercise classes) – 25 points each, 4 per year
- **Weight Management Activity** (e.g., dietitian appointment or nutrition program) – 25 points each, 4 per year
- **COVID-19 Vaccine** – 50 points, 1 per year
- **Health Screening** (e.g. skin, vision, dental or heart screening) – 50 points each, 2 per year

Federation of Public Employees and employees enrolled as a dependent/spouse of another City employee must submit forms to document completion of activities. Find forms and learn more at ftlcity.info/wip.



Questions? Email adam.clawson@cignahealthcare.com or healthyliving@fortlauderdale.gov