

# MotivateMe



Cigna's MotivateMe is an easy to use program that rewards you for your healthy achievements. Visit the Incentives page on [mycigna.com](http://mycigna.com) to learn how to complete the below goals. McMahon employees can earn and redeem a total of \$75 for completing the following goals:

Preventive/Wellness exam or OB/GYN exam

**Reward = \$50**

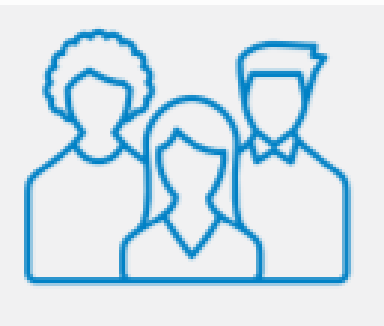
Personal health assessment

**Reward = \$25**

Diabetes Prevention

**Reward = \$25**

Healthy actions can lead to healthy rewards!

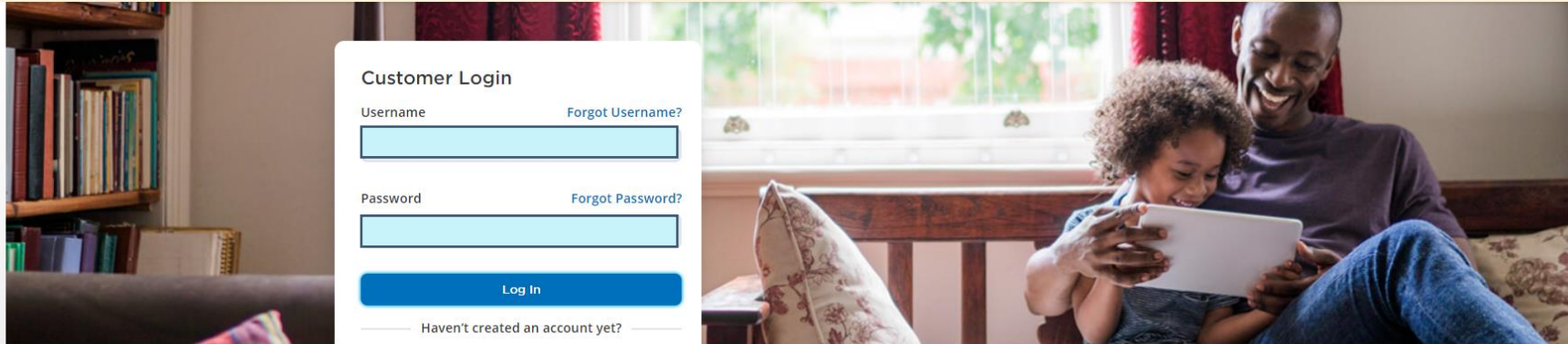


# MotivateMe

my.cigna.com/web/public/guest



**Coronavirus (COVID-19) Update:** Log in for important information and to assess your COVID-19 risk.  
**Please note:** Visit our [Coronavirus \(COVID-19\) Resource Center](#) for the latest vaccine information, updates, and frequently asked questions.



**Customer Login**

Username [Forgot Username?](#)

Password [Forgot Password?](#)

**Log In**

Haven't created an account yet?

[Register](#)

[Registrarse en Español](#)

Your online account gives you access to these features:



**Find Care and Costs**  
Search for in-network providers



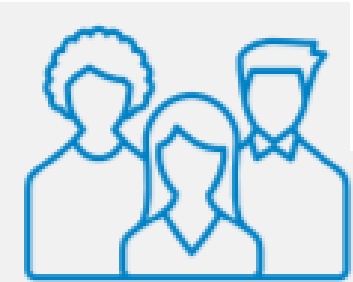
**View Claims**  
See a list of your most recent



**Manage Spending Accounts**



**Update Your Profile**  
Make sure your contact



# MotivateMe



my.cigna.com/web/secure/consumer/home

Hi, Lindsay | ID Cards | Rx Cart

[Home](#) [Find Care & Costs](#) [Claims](#) [Coverage](#) [Prescriptions](#) [Wellness](#)

Important Information about the COVID-19 Vaccine: Cigna covers the cost of administering the ... [Learn more](#) [Dismiss](#)

## Welcome, Lindsay!

**Medical Coverage Status for: Lindsay** Medical | Dental

In-Network Deductible Remaining **\$**

**You pay the deductible**  
When you visit a provider, you pay costs for covered services until the deductible is met. Eligible in-network preventive care is covered 100% by your plan.

[View coverage details](#)

**Incentives**

Debit/Gift Card earned:  
**\$50<sup>00</sup>**  
out of \$75

[View my incentives](#)



# MotivateMe



my.cigna.com/web/secure/hw/hub/incentives?requestedPage=newincentives#goals

Hi, Lindsay | ID Cards | Rx Cart

Home Find Care & Costs Claims Coverage Prescriptions **Wellness**

### Incentive Awards

Total Dollars for Debit/Gift Cards:	EARNED	REDEEMED	REMAINING	Redeem your dollars
	\$50	\$0	\$50	<a href="#">Redeem your dollars</a>


PROGRAM PERIOD: Current

Show details

If you think you might be unable to meet a standard for a reward under this wellness program, or if you have a disability that prevents you from doing so, you might qualify for an opportunity to earn the same reward by different means. For more info, contact us at 866-494-2111.


OVERVIEW GOALS

#### Core Earn \$50 toward a debit/gift card by completing these goals



**\$50**  
DEBIT/GIFT CARD


**Complete my annual physical (preventive exam)**  
Available: 12/01/2020 - 11/30/2021  
A preventive exam that's used to reinforce good health, address potential and chronic problems.  
Get your physical. You will be credited when your claim is processed.



**\$50**  
DEBIT/GIFT CARD

**Get my annual OB/GYN exam (preventive exam)**  
Available: 12/01/2020 - 11/30/2021  
A preventive exam that can identify early ovarian and cervical cancers, HPV (human papillomavirus), breast cancer and more.  
Get your exam. You will be credited when your claim is processed.

You can complete any or all of the following goals to contribute toward your *overall* maximum award amount.



**\$25**  
DEBIT/GIFT CARD

**Get a personalized health assessment**  
Available: 12/01/2020 - 11/30/2021  
A confidential questionnaire that asks you about your health and well-being and provides a personalized assessment of your current health. As a reminder and to protect your privacy, anyone taking the health assessment needs to opt-in on MyCigna and share it with their...

**NEED HELP**

- Email Customer Service
- For help finding something on the site please call 1-800-853-2713
- For help with plan and coverage information please call 1-866-494-2111

VIEW MORE

**RELATED LINKS**

- Submit Completed Form(s) Electronically
- Wellness Screening Form
- Outcome-Based Physician Recommended Alternative/Waiver Form

VIEW MORE

**FAQ**

- What is the MotivateMe® program?
- How do I get started earning awards?
- Do you have debit and/or gift card awards?

VIEW ALL

**Talk with us**

**FILLING OUT AN INCENTIVES FORM?**

Click on the Wellness Drop Down. Then Click "Wellness & Incentives"