

CIGNA WELLNESS EARNINGS		
PREVENTATIVE ACTIVITIES EMPLOYEE/SPOUSE	\$\$	NOTES
COMPLETE HEALTH ASSESSMENT ON MYCIGNA.COM SITE	\$100	Must complete first before other activities will accrue
BIOMETRIC SCREENING	\$100	
ANNUAL PHYSICAL	\$150	
ANNUAL OB/GYN	\$25	
ANNUAL MAMMOGRAM	\$50	
PAP (CERVICAL CANCER SCREENING)	\$50	
ATTEND A TOWN OF SALEM ONSITE WELLNESS SEMINAR	\$50 EA.	SELF REPORTED-PROOF REQUIRED
COMPLETE AN OFFICIAL: 5K, WALK, RUN OR MARATHON	\$50	SELF REPORTED-PROOF REQUIRED
COLON CANCER SCREENING (ANNUAL)	\$50	
FLU SHOT	\$50	
PROSTATE CANCER SCREENING (ANNUAL)	\$75	
JOIN A WEIGHT LOSS OR NUTRITION PROGRAM (IE-WEIGHT WATCHERS)	\$100	SELF REPORTED-PROOF REQUIRED
MAKE PROGRESS OR ACHIEVE A PERSONAL HEALTH GOAL (WITH CIGNA COACH)	\$150	SELF REPORTED-PROOF REQUIRED
DEPENDANTS 18 THRU 25 YEARS OLD PREVENTATIVE ACTIVITIES		
18+ RECEIVED FLU SHOT	\$75	SELF REPORTED-PROOF REQUIRED
18+ ANNUAL PREVENTATIVE CARE EXAM	\$200	SELF REPORTED-PROOF REQUIRED
18+ PREVENTATIVE DENTAL EXAM (1)	\$75	SELF REPORTED-PROOF REQUIRED
18+ VISION EXAM (1)	\$50	SELF REPORTED-PROOF REQUIRED
NOTE:		
*EMPLOYEES ENROLLED IN THE CIGNA H S A HIGH DEDUCTIBLE PLAN AND QUALIFYING DEPENDENTS CAN EARN UP TO \$400. ANNUALLY IN WELLNESS DOLLARS BY COMPLETING WELLNESS ACTIVITIES. WELLNESS DOLLARS EARNED ARE DEPOSITED QUARTERLY IN THE EMPLOYEE'S H S A BANK ACCOUNT.		