



2024 Wellness Incentive Program

Participate in healthy activities to achieve your wellness goals, and earn up to \$200 cash or 50,000 reward points.

- **IMPORTANT:** Read the [Program Rules & Guidelines](#) before participating.
- Incentive activities are tracked on Cigna’s website at www.MyCigna.com.
- **NEW: Your rewards default to cash in your paycheck.** If you prefer reward points, see the [Reward Points Election Help Guide](#).
- Rewards (cash or points) are deposited semi-annually in March and September (see below).

Wellness Incentive Activities

Activity	Description	Cash	Reward Points	Employee	Spouse (on County plan)	Opt Out
Preventive Screenings	Annual physical exam, colonoscopy, dental preventive exam, mammogram, OB/GYN exam, and/or pap test	\$50 each, up to \$200	12,500 each, up to 50,000	Yes	Yes	Yes
Pinellas County Wellness Challenge (NEW)	Adopt healthy habits by participating in a County-organized 4-week wellness challenge in July and/or October.	\$25 each, up to \$50	6,250 each, up to 12,500	Yes	No	Yes
Flu Shot	Get your annual influenza vaccination.	\$25	6,250	Yes	Yes	Yes
Health Coaching	Choose in-person (with a Cigna onsite coach), online, or phone coaching on weight loss, nutrition, fitness, stress management, heart health and more.	\$50	12,500	Yes	Yes	No
Omada for Cigna Program (if eligible)	Participate in an online personalized diabetes prevention program.	\$50	12,500	Yes	Yes	No
Chronic Condition Care Coordination (if eligible)	Get support to manage a chronic diagnosis such as diabetes.	\$100	25,000	Yes	Yes	No
Maternity Support (if eligible)	Get support and guidance during your pregnancy.	up to \$200	up to 50,000	Yes	Yes	No

Wellness Incentive Payout Schedule (Semi-Annual)

Activities Completed	Reward Points Election Deadline (if desired)	Incentive Rewarded
January to June 2024	June 30, 2024	September 2024
July to December 2024	December 31, 2024	March 2025