



THESE BENEFITS CAN HELP YOU STAY HEALTHIER.

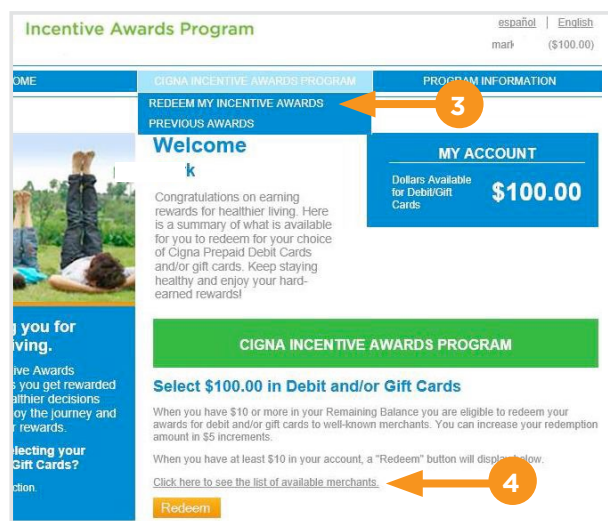
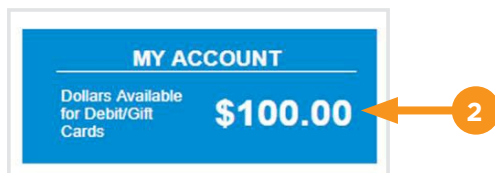
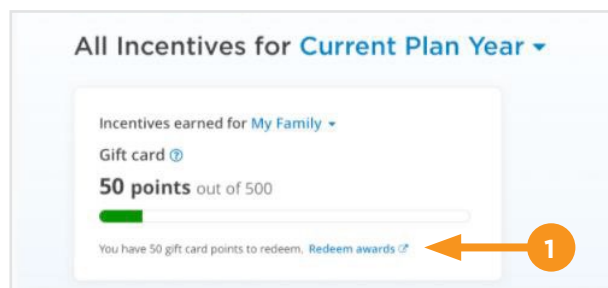
The rewards you can earn are the cherry on top.

Your HelloFresh benefits are designed to help you stay at your best. They can also help you earn valuable rewards. Both you and your spouse/domestic partner are eligible to participate in this incentive reward program.¹ The money each of you earns will be put onto a debit card that you can redeem at any time.² Get started today.

Preventive Care		Reward
Health Assessment	Health Assessment completion	\$50
Check-Ups and Screenings Care that helps detect health issues before they become more serious and costly to treat. All are covered 100% by your plan. ³	Annual physical, MDLIVE® virtual wellness screening ^{4,5} , or OB/GYN exam	\$100
	Cervical cancer screening	\$25
	Mammogram	\$25
	Prostate screening	\$25
	Colonoscopy	\$25

Health Programs		Reward
Omada® Diabetes Prevention Program Digital coaching to help you make healthy lifestyle changes.	Complete 16 of 16 lessons	\$250
Healthy Pregnancies, Healthy Babies One-on-one support before, during and after the birth of your baby. To get started, call 800.615.2906 .	Enroll in first trimester	\$250
	Enroll in second trimester	\$125

View and redeem your rewards on myCigna.com[®] > Wellness.



1. On the Wellness page, scroll down and click “View all incentives” then “Redeem awards”. This will open a new window.
2. On the Incentive Program home page, you’ll see the amount of rewards you have available to redeem.
3. To redeem your rewards, use the drop-down at the top of the page or the “Redeem” button at the bottom of the page.
4. There’s also a link to view a list of available merchants where you can redeem your debit/gift cards.



We’re here for you 24/7.

To view and track your incentives, visit myCigna.com or the [myCigna[®] App](#). For questions, call **Cigna One Guide[®]** at **877.501.7990**.

1. Incentive rewards are available to employees and spouses/domestic partners enrolled in a Cigna medical plan.
2. Employees need to redeem awards for their spouse/domestic partner.
3. Includes eligible in-network preventive care services. Some preventive care services may not be covered, including most immunizations for travel. Reference plan documents for a list of covered and non-covered preventive care services.
4. Cigna provides access to virtual care through national telehealth providers as part of your plan. This service is separate from your health plan’s network and may not be available in all areas or under all plans. Referrals are not required. Video may not be available in all areas or with all providers. Refer to plan documents for complete description of virtual care services and costs.
5. Labs must be completed prior to MDLIVE virtual visit.



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