



## THESE BENEFITS CAN HELP YOU STAY HEALTHIER.

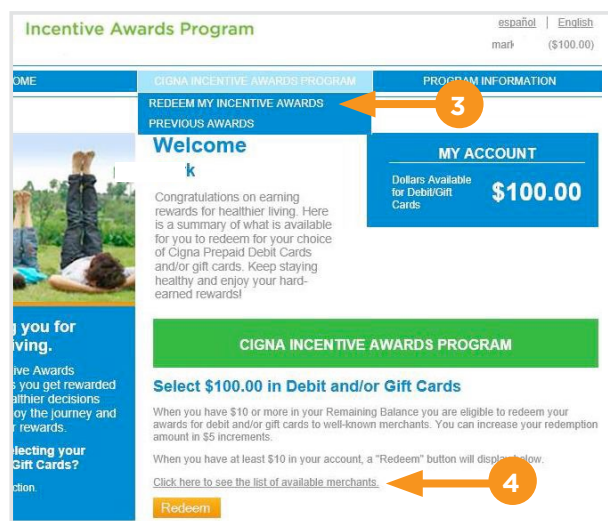
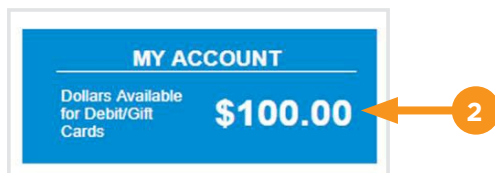
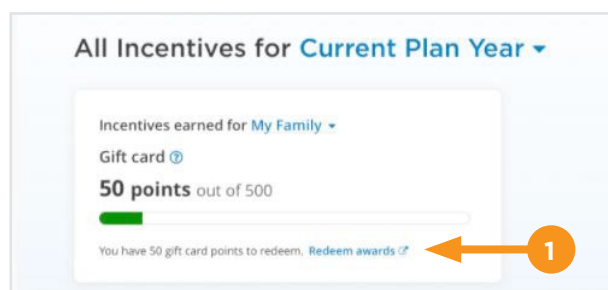
The rewards you can earn are the cherry on top.

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.<sup>1</sup> The money each of you earns will be put onto a debit card that you can redeem at any time.<sup>2</sup> Get started today.

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

Health Programs		Reward
<a href="#">Omada® Diabetes Prevention Program</a>	Complete 16 of 16 lessons	\$250
<b>Healthy Pregnancies, Healthy Babies</b> One-on-one support before, during and after the birth of your baby. To get started, call <b>800.615.2906</b> .	Enroll in first trimester	\$250
	Enroll in second trimester	\$125

## View and redeem your rewards on [myCigna.com](https://myCigna.com)<sup>®</sup> > 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.

At the end of this plan year, your MotivateMe<sup>®</sup> rewards program will change to the new Cigna Healthcare Wellness Experience when you log in to the myCigna<sup>®</sup> App\* or myCigna.com<sup>®</sup>. MotivateMe rewards will expire on March 31, 2025

**Don't forget to redeem the rewards you earned this year.**



### We're here for you 24/7.

To view and track your incentives, visit [myCigna.com](https://myCigna.com) or the [myCigna<sup>®</sup> App](https://myCigna.com). For questions, call **Cigna One Guide<sup>®</sup>** 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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