



Individual and Family Plans

Offered by Cigna Health and Life Insurance Company or its affiliates

Earn up to \$325 in reward dollars for making healthy choices?

Thought you'd never ask.



Don't just get insured. Get reassured with Take Control Rewards.

Become a Cigna HealthcareSM Individual and Family Plan medical customer and you'll get more than just great health benefits; you'll also get a chance to join the Cigna Take Control Rewards[®] program.¹ When you complete healthy actions, you can earn up to \$325 in rewards. Learn more about how you can be rewarded just for being healthy.

How it works.

It's pretty easy. When you complete healthy activities, you'll be able to earn points. These points can be redeemed for rewards or a Reloadable Visa[®] Reward card² that you can use toward health care costs or merchandise.³ Here are just a few ways you can earn rewards when you join:

- Complete your annual wellness visit and earn \$100 in reward dollars⁵
- Get a flu shot and A1C screening and earn \$45 in reward dollars⁴
- Take your Health Assessment and earn \$45 in reward dollars⁴

How to redeem points.

Once you rack up some rewards, you can choose from thousands of options, including health and fitness items, sporting goods, entertainment, electronics, apparel and more.¹

Check out just a few of our member favorites:

- \$100, \$50 or \$25 Reloadable Reward Card² to help lower your out-of-pocket costs
- Apple AirTag[®]
- Costco one-year membership certificate



Tip:

Renewing Cigna Healthcare members could always roll over any remaining points year over year as long as you register for Take Control Rewards with your new plan.

Ready for a health insurer that has your back and budget?

Contact your broker and enroll in a plan today.

All disclosures appear at the end of this document.

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Already a Cigna Healthcare customer? You're in luck.

If you're 18+ and the primary subscriber of your medical plan, you can sign up for Take Control Rewards today. Just follow these three easy steps and you're in:

1. Visit **myCigna.com**[®].
2. Log in or create an account.⁶
3. Take the short Health Assessment via the "**Wellness**" tab. Once it's complete, click the "**Start Earning Rewards**" button to be taken to the Take Control Rewards website.

Note: If you are currently registered with the Take Control Rewards Program and have any points left over at the end of the year – these points will be automatically credited to your new accounts as soon as you register for the program in the new year.



1. The Cigna Take Control Rewards Program is available in all states to all primary subscribers who are active Cigna Healthcare Individual and Family Plan policyholders and who are 18 years of age or older. All rewards may be considered taxable income. Contact your personal tax advisor for details. Program participation along with reward redemption is dependent on qualifying premiums being current and fully paid.

2. Card can only be used for Qualified Purchases indicated in the Cardholder Agreement everywhere Visa debit cards are accepted in the U.S. and District of Columbia. Card is issued by Pathward[®], N.A., Member FDIC, pursuant to a license from Visa U.S.A. Inc. No Cash or ATM Access. See Cardholder Agreement for PIN instructions. Terms and conditions apply, see Cardholder Agreement at wellnessincentives.com.

3. The Reloadable Reward Card is just one example of what may be redeemed with earned points in the Cigna Take Control Rewards program marketplace.

4. The Health Assessment must be completed on myCigna, and all four behaviors associated with the Annual Wellness/Preventive Care tile on the Take Control Rewards site must be completed. Points for the Wellness Exam and A1C Test are applied 10–15 business days after the health care provider submits the claim and that claim is received by Cigna Healthcare. There can be significant delays with getting your points added to your balance as it depends on when your health care provider submitted the claim to Cigna Healthcare.

5. Availability of \$0 preventive care (no cost share) by plan may vary. 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.

6. Customers under age 13 (and/or their parent/guardian) will not be able to register at myCigna.com. App/online store terms and mobile phone carrier/data charges apply.

Product availability may vary by location and plan type and is subject to change. All health insurance policies and health benefit plans contain exclusions and limitations. For costs and details of coverage, review your plan documents or contact a Cigna Healthcare representative.

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