

Getting and staying healthy is important! And with the Cigna MotivateMe through **The State of New Mexico** it is also rewarding.

Add up the points:

- Complete the online Health Assessment on myCigna.com: **50 Points**
- Get a Personalize Biometric Screening: **50 Points**
- Get connected! Have fun and earn rewards on Apps & Activities: **20 Points**
- Participate in a Self-Reported Activity: **25 Points Each**
 - *I completed my annual physical (preventive exam)*
 - *I got my annual OB/GYN exam (preventive exam)*
 - *I got my preventive mammogram (preventive exam)*
 - *I got a colon cancer screening (preventive exam)*
 - *I got a cervical cancer screening (preventive exam)*
 - *I completed a prostate cancer screening (preventive exam)*
 - *I completed my annual preventive dental screening*
 - *I completed my annual vision screening*
 - *I participated in a fitness challenge*
 - *I enrolled in a fitness program/facility*
 - *I participated in a Wellbeing Solutions Webinar*
- I completed 9 Cigna Diabetes Prevention Program Lessons through Omada: **50 Points**



ELEVATING THE MYCIGNA INCENTIVES EXPERIENCE

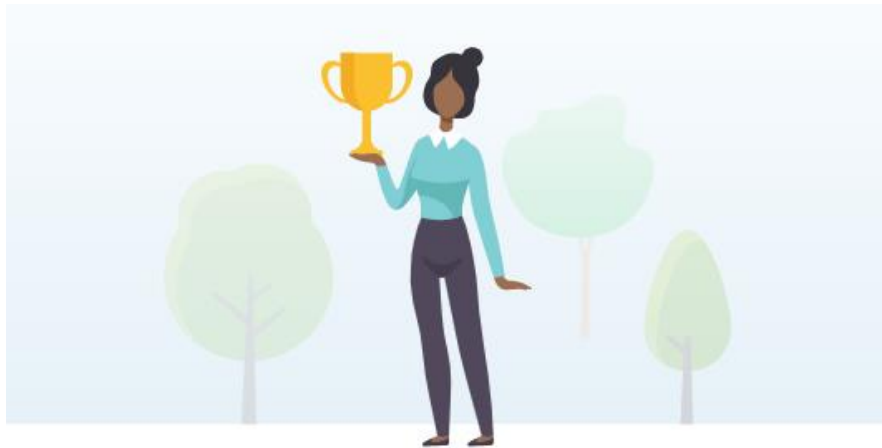
It's now easier than ever to get rewarded for getting and staying healthy.



To view incentives, you must first register on myCigna.com.

After you register:

- Login to your myCigna account
- Click on “Wellness & Incentives”
- View all incentives



The more you earn, the greater your chance to win!

Program deadline is **December 1, 2022**. Don't miss out on your opportunity to earn rewards and get healthy!

[Go to myCigna](https://myCigna.com)

