

## Goal Classification | Activity Incentive Value

Goal Classification   Activity Health Assessment	myCigna Goal Display Name	Incentive Coverage Single   Family
<p>This activity is required to enroll you in the program.</p> <p><b>Preventive Care   Wellness Screening</b></p> <p>You must complete one preventive exam or screening to receive your full credit amount.</p>	Health Assessment	\$50   \$100
	Get an annual physical (preventive exam)	\$100   \$200
	Get an annual OB/GYN exam (preventive exam)	\$100   \$200
	Get a colon cancer screening (preventive exam)	\$100   \$200
	Get a prostate screening (preventive exam)	\$100   \$200
	Get a cervical cancer screening (preventive exam)	\$100   \$200
	Get a mammogram (preventive exam)	\$100   \$200
	Get a preventive dental exam (preventive exam)	\$100   \$200
	Get biometric health screening	\$100   \$200
	<p><b>Health Coaching</b></p> <p>This incentive is optional and is not required to receive your full credit amount.</p>	Improve Your Nutrition
Exercise for Better Health		\$100   \$200
Maintain a Positive Mood		\$100   \$200
Work Towards a Healthier Weight		\$100   \$200
Manage Your Stress		\$100   \$200
Quit Tobacco - One Month Program		\$100   \$200
Quit Tobacco - Six Month Program		\$100   \$200
Control Your Asthma		\$100   \$200
Manage Your Coronary Artery Disease (CAD)		\$100   \$200
Manage Your Chronic Obstructive Pulmonary Disease (COPD)		\$100   \$200
<p><b>Self-Reported Goals</b></p> <p>You must complete two CTA sponsored wellness activities to receive your full credit amount.</p>	Manage Your Diabetes	\$100   \$200
	Managing Heart Failure	\$100   \$200
	Speak with a maternity nurse starting 1st trimester & after your baby is born	\$100   \$200
	Speak with a maternity nurse starting 2nd trimester & after your baby is born	\$100   \$200
	Participate in CTA sponsored wellness activities	\$50   \$100
	<i>Examples:</i>	
	·Seminars (Well Informed, Financial Fridays, etc.)	
	·Wellness Sponsored Races	
	·Boot Camps	