

Wellness Resources

Wellness Exams

Service	Group	Age, Frequency
Well-baby, well-child, well-person exams including annual well-woman exam (includes height, weight, head circumference, BMI, blood pressure, history, anticipatory guidance, education regarding risk reduction, psychosocial/behavioral assessment)	• • •	<ul style="list-style-type: none"> • Birth, 1, 2, 3, 4, 6, 9, 12, 15, 18, 24, and 30 months • Additional visits at 2-4 days for infants discharged less than 48 hours after delivery • Ages 3 to 21, once a year • Ages 22 and older, periodic visits as doctor advises

Routine immunizations covered under preventive care

Diphtheria, Tetanus Toxoids and Acellular Pertussis (DTap, Tdap, Td)	Meningococcal (meningitis)
Haemophilus influenzae type b conjugate(Hib)	Pneumococcal (pneumonia)
Hepatitis A (Hep A)	Poliovirus (IPV)
Hepatitis B (Hep B)	Rotavirus (RV)
Human papillomavirus (HPV)	Varicella (chickenpox)
Influenza vaccine	Zoster (shingles)
Measles, mumps and rubella (MMR)	

You may view the immunization schedules on the CDC website: cdc.gov/vaccines/schedules/.

Health screenings and interventions

Service	Group	Age, Frequency
Abnormal blood glucose and type 2 diabetes screening/counseling	• •	Adults ages 40-70 who are overweight or obese; women with a history of gestational diabetes mellitus
Anxiety Screening	•	Adult and adolescent women including pregnant and postpartum women
Aspirin to prevent cardiovascular disease and colorectal cancer, or to reduce risk for preeclampsia	• •	Adults ages 50-59 with risk factors; Pregnant women at risk for preeclampsia
Autism screening	•	18, 24 months
Bacteriuria screening	•	Pregnant women
Bilirubin screening	•	Newborns before discharge from hospital
Breast cancer screening (mammogram)	•	Women ages 40 and older, every 1-2 years
Breast cancer discussion of benefits/risks of preventive medication	•	Women at risk
Breast-feeding support/counseling, supplies	•	During pregnancy and after birth
Cervical cancer screening (Pap test) HPV DNA test alone or with Pap test	•	Women ages 21-65, every 3 years Women ages 30-65, every 3 years
Chlamydia screening	•	Sexually active women ages 24 and under and older women at risk
Cholesterol screening	• • •	<ul style="list-style-type: none"> • Screening of children and adolescents ages 9-11 years and 17-21 years; children and adolescents with risk factors ages 2-8 years and 12-16 years • All adults ages 40-75
Lung cancer screening (low-dose computed tomography)	• •	Adults ages 50 - 80 years with 20 pack/year smoking history, and currently smokes, or has quit within the past 15 years. Computed tomography requires precertification.

• = Men • = Women • = Children/Adolescents

This guide provides a basic overview of benefits. Please see plan documentation for full detail.

Wellness Resources

Service	Group	Age, Frequency
Congenital hypothyroidism screening	●	Newborns
Critical congenital heart diseases screening	●	Newborns before discharge from hospital
Contraception counseling/education (including fertility awareness-based methods); contraceptive products and services	●	Women with reproductive capacity
Dental application of fluoride varnish to primary teeth at time of eruption (in primary care setting)	●	Children to age 6 years
Dental caries prevention Evaluate water source for sufficient fluoride; if deficient prescribe oral fluoride	●	Children older than 6 months
Depression screening/Maternal depression screening	● ● ●	Ages 12-21, All adults - including pregnant and postpartum women
Developmental screening	●	9, 18, 30 months
Developmental surveillance	●	Newborn, 1, 2, 4, 6, 12, 15, 24 months. At each visit ages 3 to 21.
Fall prevention in older adults (physical therapy)	● ●	Community-dwelling adults ages 65 and older with risk factors
Folic acid supplementation	●	Women planning or capable of pregnancy
Genetic counseling/evaluation and BRCA1/BRCA2 testing	●	Women at risk <ul style="list-style-type: none"> Genetic counseling must be provided by an independent board-certified genetic specialist prior to BRCA1/BRCA2 genetic testing BRCA1/BRCA2 testing requires precertification
Gestational diabetes screening	●	Pregnant women
Gonorrhea screening	●	Sexually active women age 24 years and younger and older women at risk
Healthy diet and physical activity counseling	● ● ●	Ages 6 and older - to promote improvement in weight status; Overweight or obese adults with risk factors for cardiovascular disease
Hearing screening (not complete hearing examination)	●	All newborns by 2 months. Ages 4, 5, 6, 8, 10. Adolescents once between ages 11-14, 15-17 and 18-21.
Hemoglobin or hematocrit	●	12 months
Hepatitis B screening	● ● ●	Pregnant women; adolescents and adults at risk
Hepatitis C screening	● ●	Adults ages 18 - 79
High blood pressure screening (outside clinical setting)	● ●	Adults ages 18 and older without known high blood pressure
HIV Preexposure Prophylaxis (PrEP) for prevention of HIV infection HIV PrEP related services (HIV screening, kidney function testing, hepatitis B & C screening, pregnancy testing, sexually transmitted infection screening / behavioral counseling, adherence counseling)	● ● ●	Individuals at risk
HIV screening & counseling	● ● ●	Pregnant women; adolescents and adults 15 to 65 years; younger adolescents and older adults at risk; sexually active women (adolescent/adult), annually
Intimate Partner/interpersonal violence screening	● ●	All women, adolescent and adult
Lead screening	●	12, 24 months

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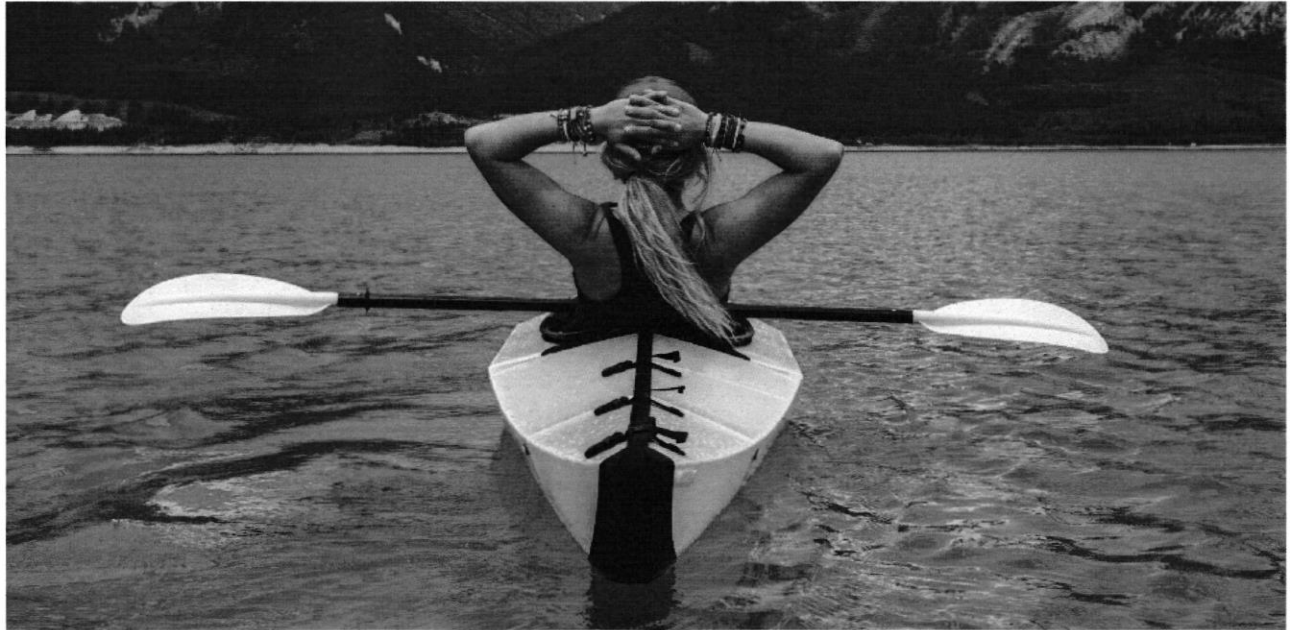
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Metabolics/ hemoglobinopathies (according to state law)	●	Newborns
Osteoporosis screening	●	Age 65 or older (or under age 65 for women with fracture risk as determined by a clinical risk assessment tool). Computed tomographic bone density study requires precertification
Colon cancer screening	● ●	The following tests will be covered for colorectal cancer screening, ages 45 and older: <ul style="list-style-type: none"> ● Fecal occult blood test (FOBT) or fecal immunochemical test (FIT) annually ● Flexible sigmoidoscopy every 5 years ● Flexible sigmoidoscopy every ten years + annual FIT ● Double-contrast barium enema (DCBE) every 5 years ● Colonoscopy every 10 years ● Computed tomographic colongraphy (CTC)/virtual colonoscopy every 5 years - requires prior authorization ● Stool-based deoxyribonucleic acid (DNA) test (i.e., Cologuard) every 1-3 years
Obesity screening/counseling	● ● ●	Ages 6 and older, all adults
Ocular (eye) medication to prevent blindness	●	Newborns
Oral health evaluation/assess for dental referral	●	6, 9 months. Ages 12 months, 18 months-6 years for children at risk
PKU screening	●	Newborns
Perinatal depression preventive counseling	●	Pregnant and postpartum women with risk factors
Preeclampsia screening (blood pressure measurement)	●	Pregnant women
Prostate cancer screening (PSA)	●	Men ages 45 and older or age 40 with risk factor
Rh incompatibility test	●	Pregnant women
Sexually transmitted infections (STI) counseling	● ● ●	Sexually active women, annually; sexually active adolescents; and men at increased risk
Sexually transmitted infections (STI) screening	●	Adolescents ages 11-21
Sickle cell disease screening	●	Newborns
Skin cancer prevention counseling to minimize exposure to ultraviolet radiation	● ● ●	Ages 6 months - 24 years
Syphilis screening	● ● ●	Individuals at risk; pregnant women
Tobacco use cessation; counseling/interventions	● ●	All adults; pregnant women
Tobacco use prevention (counseling to prevent initiation)	●	School-age children and adolescents
Tuberculosis screening	● ● ●	Children, adolescents and adults at risk
Ultrasound aortic abdominal aneurysm screening	●	Men ages 65-75 who have ever smoked
Unhealthy alcohol use and substance abuse screening	● ● ●	All adults; adolescents age 11-21
Unhealthy drug use screening	● ●	All adults
Urinary incontinence screening	●	Women
Vision screening (not complete eye examination)	●	Ages 3, 4, 5, 6, 8, 10, 12, and 15 or as doctor advises

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Wellness Benefit



Cigna MotivateMe Program[®]

MotivateMe is an incentive program that helps you change unhealthy behaviors and rewards you for it. And that's important, because taking healthy actions will help reduce your risk of illness, disease and costly medical treatment. With MotivateMe, you'll work toward achieving real results that mean a real, healthy change for you.

Take care with things like a health assessment or biometric screening and you may earn awards, such as lower plan premiums or deposits into your health fund account or paycheck. The more you do, the more you earn. Of course, the best reward is your good health.

A uniquely personalized experience

Anyone who's ever tried to undo a bad habit or maintain a new, healthy one knows how hard it can be. It takes time, determination and, sometimes, your own personal cheering section.

To help make it easy, our health coaches and customer service representatives will be there to support you throughout - online or by phone. We'll remind you about which health and wellness activities and programs you're eligible for, suggest helpful online resources like our MotivateMe incentive page, and encourage you - from start to finish.

I'm ready. How do I start?

Visit myCigna.com > Incentive Awards Program. There, you'll find a list of healthy actions and goals, details on how to get started, and instructions on how to earn and redeem your rewards. You can also view your incentives information by downloading the myCigna Mobile App.

Wellness Benefit

Take care. Get rewarded.

Get rewarded for the healthy actions you take. The more you do, the more you earn.

Goal Type	Description	Award Type	Timing
Get a personalized health assessment	A confidential questionnaire that asks you about your health and well-being and provides a personalized assessment of your current health.	\$25 gift card	Visit myCigna.com to complete by 6/30/2024 to earn your reward.
Complete my annual physical (preventive exam)	A preventive exam that's used to reinforce good health, address potential, and chronic problems.	\$50 gift card	Complete your annual physical or OB/GYN exam by 6/30/2024 to earn your reward.
Get my annual OB/GYN exam (preventive exam)	A preventive exam that can identify early ovarian and cervical cancers, HPV (human papilloma virus), breast cancer, and more.	\$50 gift card	Complete your annual physical or OB/GYN exam by 6/30/2024 to earn your reward.
Complete 9 lessons of the 16-week Cigna Diabetes Prevention Program	More than 1 out of 3 people are at risk for diabetes. Are you? This online program, available through Cigna, in collaboration with Omada, helps you make lifestyle changes that can reduce risks. Get started now.	\$50 gift card	Visit myCigna.com and complete a 1-minute screening questionnaire to see if you're eligible to participate in this program.
Get connected! Have fun and earn rewards on Apps & Activities	Explore popular health devices and apps to help you stay motivated and challenge yourself. Earn 1,000 points and get an award.	\$20 gift card per goal; max 3 goals	Visit myCigna.com to complete by 6/30/2024 to earn your reward.

For participants - if you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Cigna by calling the number on the back of your ID card and they will work with you and, if you wish, your doctor.

For participants who may have an impairment - if you are unable to participate in any of the program events, activities, or goals, because of a disability you may be entitled to a reasonable accommodation for participation, or an alternative standard for rewards. For work-site accommodations please contact your employer's Human Resources department. For accommodations with online, phone, or other Cigna programs, please contact Cigna by calling the number on the back of your ID card.