

Take simple steps to reach your \$300 plan discount for 2020.

All actions must be completed between 1/1/2019 - 9/30/2019.

HEALTHY ACTION	DESCRIPTION	POINTS EARNED
Complete your annual physical	An annual exam can identify health concerns before they become more serious	2
Complete your health assessment at myCigna.com or through the myCigna app	A confidential online survey that provides a personalized assessment of your current health	1
Get a biometric screening	Check your blood pressure, cholesterol, blood sugar level, and your body mass index (BMI)	1
Get a mammogram	For early detection of breast cancers	1
Get your annual OB/GYN exam	Can identify early ovarian and cervical cancers, as well as HPV (human papillomavirus)	1
Get a colon cancer screening	Colon cancer can be treated when detected early	1
Get a cervical cancer screening	Pap and HPV tests can help detect changes that can lead to cervical cancer	1
Get a prostate screening	Can detect changes that may lead to prostate cancer	1
Get a flu shot	The flu can lead to more serious issues, help protect yourself and others	1

The maximum plan discount that can be earned per household is \$300. If you have a spouse, you and your spouse must each earn 3 points to qualify for the \$300 maximum reduction.