



**WORK WITH A COACH.  
EARN UP TO \$400  
IN INCENTIVES.**

You may also be eligible to earn additional incentives through Virgin Pulse. Log in today at [www.join.virginpulse.com/scihealth](http://www.join.virginpulse.com/scihealth).



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Bloomfield, CT 06002



**HELP REDUCE  
HEALTH RISKS.**

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**STAYING HEALTHY  
IS MORE IMPORTANT  
THAN EVER.**

**We're here to help.**



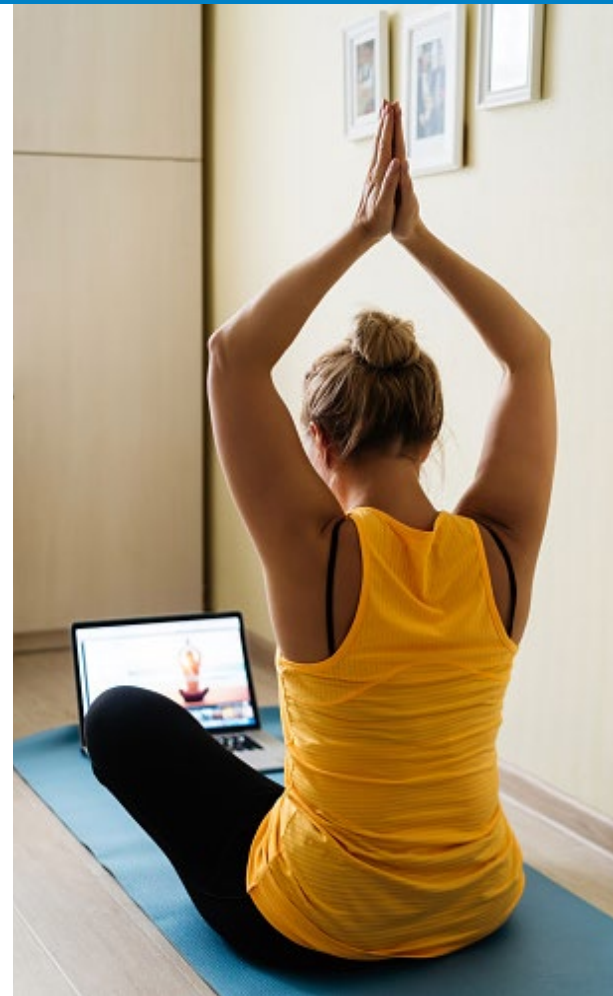
# Up to \$400 in rewards can be yours.

Managing a chronic condition is the best way to avoid serious health risks, especially as it relates to COVID-19. Whether it's losing weight, lowering your blood pressure or sticking to your medications, Cigna is here to help.

Now through December 31, 2021, you can earn incentives for working with a Cigna Personal Health Team member. You can earn up to \$400 this year for completing goals designed to help you take control of your health.

Earn **\$100** in your HRA for each goal you meet, up to four times per year.

**TOTAL potential rewards in 2021: \$400!**



## Work with a Personal Health Team member.

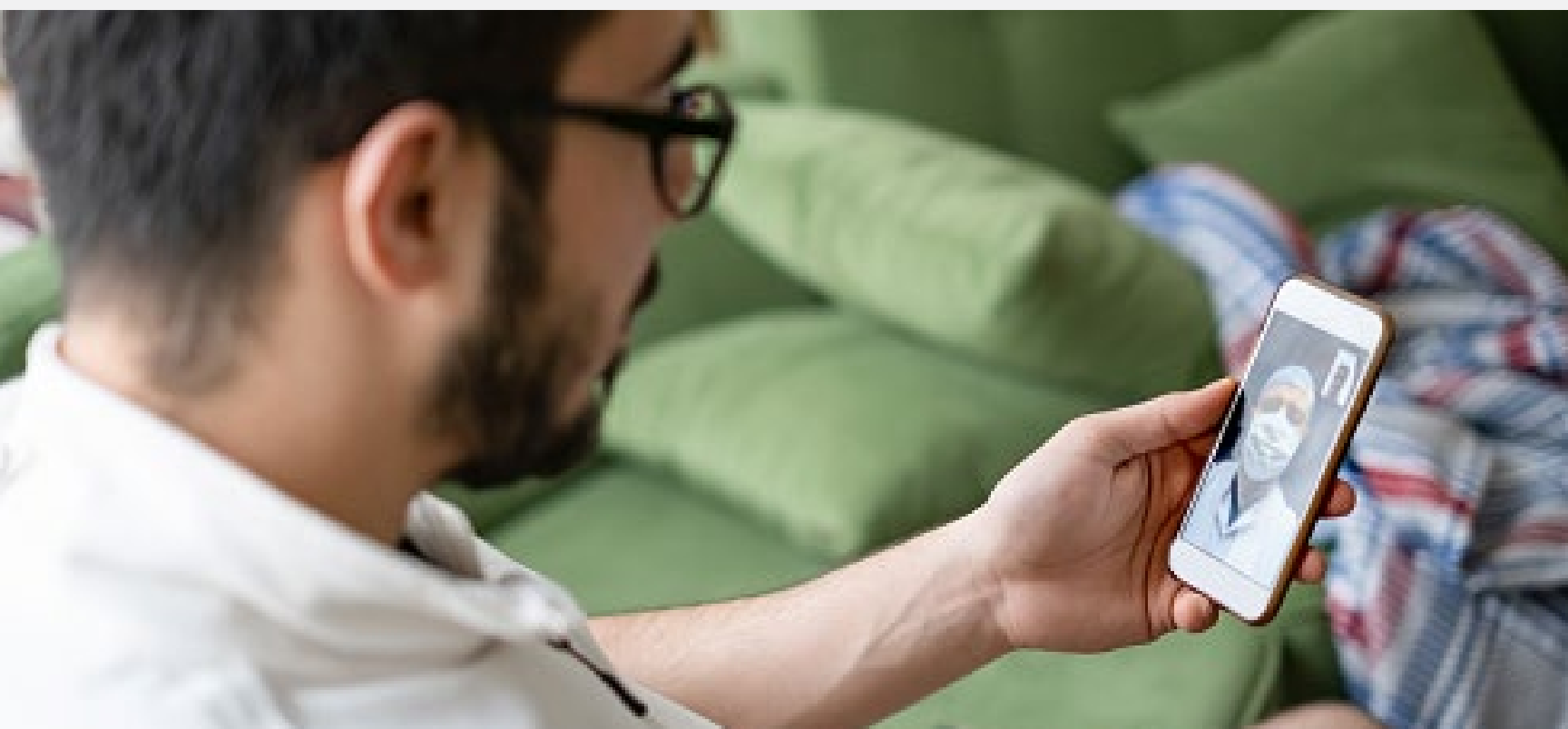
Your Cigna Personal Health Team is made up of nurses, behavioral specialists, health coaches, exercise specialists and nutritionists. They are here to offer you one-on-one support, and help you make improvements in your health, for conditions such as:

- › Asthma
- › Anxiety
- › Bipolar disorder
- › Coronary artery disease
- › Congestive heart failure
- › COPD
- › Depression
- › Diabetes
- › Low back pain
- › Metabolic syndrome/weight complications
- › Osteoarthritis
- › Peripheral artery disease

### RECEIVING YOUR REWARD.

Your rewards will be credited to your Cigna health reimbursement account (HRA) within a couple of days after goal completion. You can then use your HRA funds to pay for eligible out-of-pocket medical and prescription drug expenses for you and your covered spouse/dependents.

Call your Cigna Personal Health Team today at **877.459.6150** to see if you meet the clinical criteria for incentives. All consultations with your Cigna Personal Health Team are **100% confidential** and available at **no additional cost** to you.



### VIRTUAL VISITS

You have 24/7 access to doctors, psychiatrists, psychologists and therapists from the comfort and safety of your home with Doctor On Demand. COVID-19 evaluations and behavioral health visits are covered at 100%. All other visits cost just \$10 through [doctorondemand.com](https://www.doctorondemand.com).

Stay on top of your chronic condition with your SCL Health provider through video visits. For more information about virtual care, go to [sclhealth.org/virtual-care](https://sclhealth.org/virtual-care). To schedule your video visit with your SCL Health doctor, sign in to your MyChart account.