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If you enrolled in a Cigna medical plan in FY23, make sure you complete your wellness incentives to save money on your medical premiums!

Employees and their spouses/LDAs insured under the Cigna medical plan can qualify for reduced medical plan premiums by completing the wellness steps outlined below. You and your covered spouse/LDA must complete the following within the specified time frame in order to qualify (note: children enrolled in the plan are not required to complete these steps):

Step one: Obtain the health information below at your annual physical. You will need it to complete the on-line Health Assessment. No Wellness form required!

- Height
- Weight
- Body mass index
- Blood pressure
- Blood sugar (glucose)
- Blood cholesterol

Step two: Obtain an annual physical (completed within the last 12 months or by October 31, 2022). Enter the date of the physical under "I participated in a wellness activity".

IMPORTANT DATES

- ❖ **July 1, 2022** - First day to start earning wellness incentive points.
- ❖ **October 31, 2022** - Last day to earn all wellness incentive points.
- ❖ **First paycheck in December 2022** - Non-wellness rates will go into effect for those who do not earn all incentive points.

Completing your wellness incentives on-line is easy and paperless!
Get started at www.mycigna.com.

1. Go to the Wellness & Incentives page and scroll to Incentives Spotlight*
2. To begin the health assessment, click the [Let's Go](#) link under "Get a personalized health assessment".
Note: It can take up to 4 days for you to see the point.
3. To enter the date of your physical, click the blue [Let's Go](#) link under "I participated in a wellness activity".
4. You should have a total of 2 points after both steps are completed.

If you have questions or need assistance please contact Cigna at 1-800-244-6224 or the benefits and wellness unit at x 1365 or x 1368.



BenefitsApp Resource!

Access your employee benefits anytime, anywhere! Download the Loyola University Mobile Benefits App Now! You can access your complete benefit guide, as well as:

- Plan information
- Important phone numbers
- Benefit summaries
- Wellness resources

Search the App Stores for BenefitsApp or with your phone, go to www.benefitsapp.com/download or scan the QR code. You will be directed to a BenefitsApp landing page where you may download the app to your Apple or Google device. Company Code: Loyola Member ID: Your last name and last four digits of your Social Security Number



Got a benefits question? [Chat with ALEX](#) alex

Chat with ALEX!

Your ALEX homepage has a chat feature that can help you get instant answers when you need specific details about your benefits, but don't want to go sifting through a pile of plan documents. Ready to give it a try? Visit www.myalex.com/loyolauniversitymaryland/home#choose-benefits

Here are some common benefits questions to get you started:

- What's my deductible?
- Does my vision plan pay for contact lenses?
- How do I find an in-network doctor?