

# Understanding the Requirements

<p><b>Health Assessment</b></p>	<p>After signing up through myCigna.com or the myCigna app, a Health Assessment must be completed to enroll you into the program.</p> <p>Completion of the health assessment automatically enrolls you in MotivateMe®. You do not need to self-report this activity.</p>
<p><b>Preventive Care / Wellness Screening (Physical)</b></p>	<p>One preventive exam activity is required. You cannot receive your full cap amount without completing this requirement. You can participate in other activities prior to obtaining a preventive exam and be awarded accordingly (you do not have to complete a preventive exam before participating in other activities). Only one preventive activity counts toward your goal EXCEPT for dental exams and the biometric screening. These activities can be completed in addition to any other preventive exam. Completion of a preventive activity is reported from the medical provider so there can be a delay in credit being applied. You do not need to self-report any of these activities.</p>
<p><b>Health Coaching</b></p>	<p>Coaching programs provide resources and guidance addressing a particular medical issue or condition. These programs will provide information and assist those in managing a condition or moving toward a healthier lifestyle. You can participate in as many coaching programs as you wish, one time per year, toward your goal. You do not need to self-report any of these activities.</p>
<p><b>Self-Reported Goals</b></p>	<p>Self-reported goals are activities sponsored by CTA's Wellness team; Live Well Work Well. These activities correspond to the wellness program's goals and include such things as attending seminars, participating in runs, and engaging in other wellness related activities. You must self-report these activities in the MotivateMe® platform and verify participation.</p>

## Contact Us

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