



FAQs: Take Control Rewards

The answers your clients need from the broker they trust.

Your clients have questions – and now you have the answers. Become their go-to broker by delivering the details they're asking for when it comes to the Cigna Take Control Rewards® program.* With our FAQs below, you can help your clients make the most of their health plan while you reap the rewards of a job well done.

Q: How do my clients sign up?

A: They'll follow three easy steps and earn rewards along the way.

1. Go to **myCigna.com**® and log in or create an account.**
2. Take the Health Assessment available via the Wellness tab (and earn \$75 in reward dollars or 750 points).
3. Click the Start Earning Rewards button to be taken to the Take Control Rewards website.

Q: How much can they earn?

A: The eligible primary medical plan subscriber (must be 18 years of age or older) can earn up to \$325 in reward dollars (3,250 points). Spouses, dependents and dental-only customers are not eligible for the program.

Q: What can they do to earn rewards?

A: It's pretty easy. When they complete healthy activities, they'll earn points. Those points can then be redeemed for rewards. Here are just some of the ways they can earn:

- Take their Health Assessment – earn **\$75** in reward dollars (750 points)
- Complete their annual wellness visit – earn **\$100** in reward dollars (1,000 points)
- Get a flu shot – earn **\$10** in reward dollars (100 points)



Tip: Clients can use the Reloadable Reward Card toward health care costs to help keep out-of-pocket costs down.

Q: How do my clients redeem rewards?

A: They can check out how many points they've earned by visiting their Take Control Rewards dashboard via the Wellness tab on **myCigna**[®]. To redeem points, they'll visit the Take Control Rewards marketplace where they can pick up name-brand merchandise or a Reloadable Reward Card.^{***}

Heads up: If they don't have enough points for an item they want, they can save up until they do. Plus, they don't need to redeem all their points at once.

Q: What kind of merchandise can they get with their rewards?

A: They can choose from thousands of options, including health and fitness items, sporting goods, entertainment, electronics, apparel, and more. Here are a few customer favorites:

- Google Nest Audio speaker
- YETI Rambler[®] mug
- Costco one-year membership certificate
- Reloadable Reward Card



Need more info?

Contact your broker manager.

Clients with other questions?

Direct them to the Wellness tab on **myCigna**.



*The Cigna Take Control Rewards program is available in all states to all primary subscribers who are active Cigna Healthcare Individual and Family Plan policyholders and who are 18 years of age or older. All rewards may be considered taxable income. Contact your personal tax advisor for details. Program participation along with reward redemption is dependent on qualifying premiums being current and fully paid.

**Customers under age 13 (and/or their parent/guardian) will not be able to register at myCigna.com. App/online store terms and mobile phone carrier/data charges apply.

***The Reloadable Reward Card is just one example of what may be redeemed with earned points in the Cigna Take Control Rewards program marketplace. The Health Assessment must be completed on myCigna and all four behaviors associated with the Annual Wellness/Preventive Care tile on the Take Control Rewards site must also be completed. Points for the Wellness Exam and A1C Test are applied 10–15 business days after the health care provider submits the claim and that claim is received by Cigna Healthcare. There can be significant delays with getting your points added to your balance as it depends on when your health care provider submitted the claim to Cigna Healthcare.

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