

2012 Live Healthy, Live Well program

Activity Completion Checklist



If you're covered by a MassMutual medical option, the maximum total incentive you can earn in 2012 is \$500. Your covered spouse or domestic partner can also earn up to \$500, for a total of \$1,000. A \$500 wellness incentive is a lot of money – but it's nothing compared to your most valuable asset: Your health.

Wellness activities must be completed by Nov. 1, 2012 to qualify for 2012 wellness incentive dollars.

Activity (Check when complete)	Incentive	What you should do	What your covered spouse or domestic partner should do
Complete the health assessment¹ <input type="checkbox"/> You <input type="checkbox"/> Your spouse or domestic partner	Prerequisite to receive wellness incentive dollars	Complete a health assessment – it's required before you can receive any wellness incentive dollars in 2012. Do this first! Go to myCigna.com and click the red apple logo to begin. Answer questions honestly and review your personalized report.	Your covered spouse or domestic partner should go to myCigna.com and create their own username and password to complete the health assessment. Like you, once logged on, he or she should look for the red apple logo to begin.
Complete a biometric screening <input type="checkbox"/> You <input type="checkbox"/> Your spouse or domestic partner	\$200	Get a biometric screening – it includes your height, weight, cholesterol, blood sugar, blood pressure and waist circumference. Once you've obtained these numbers, log on to myCigna.com, click <i>Live Healthy, Live Well</i> (look for the red-haired lady), then "Biometric screenings" to log your completion.	Once your covered spouse or domestic partner completes a biometric screening, you log on to myCigna.com. Click <i>Live Healthy, Live Well</i> (look for the red-haired lady). Under your spouse or domestic partner's name, click "Biometric screenings" to log his or her completion.
Make progress toward a health goal² <input type="checkbox"/> You <input type="checkbox"/> Your spouse or domestic partner	\$200	If health improvement is part of your plan, get a little help from the Cigna Health Advocates. Set a goal with your Health Advocate, then check in regularly with him or her on your progress. Get started by calling 800-548-3980, prompt 3. Once you've made progress toward your goal, your Health Advocate will log your completion and trigger your \$200 incentive. Note: Most goals take time to achieve, so please allow between 2 and 4 weeks between each call with your Health Advocate.	Like you, your covered spouse or domestic partner can get started by calling 800-548-3980, prompt 3. Once he or she has made progress toward a goal, his or her Health Advocate will log his/her completion and trigger the \$200 incentive.
Be physically active² <input type="checkbox"/> <input type="checkbox"/> You <input type="checkbox"/> <input type="checkbox"/> Your spouse or domestic partner	\$100 x 2	Complete 120 minutes of moderate intensity activity per week for a month and you can earn this \$100 incentive. Once you've completed a month of physical activity (120 minutes per week), go to myCigna.com, click <i>Live Healthy, Live Well</i> (look for the red-haired lady), then "Physical Activity" to log your completion. Double up: If you complete this activity twice (i.e., over a second month), you'll be eligible to earn an additional \$100. Months do not need to be consecutive.	Once your covered spouse or domestic partner completes 120 minutes of moderate intensity physical activity per week for a month, you log on to myCigna.com. Click <i>Live Healthy, Live Well</i> (look for the red-haired lady). Under your spouse or partner's name, click "Physical Activity" to log his or her completion.
Eat your fruits and veggies² <input type="checkbox"/> <input type="checkbox"/> You <input type="checkbox"/> <input type="checkbox"/> Your spouse or domestic partner	\$50 x 2	Eat five (5) servings of fruits and/or vegetables each day for 22 days during the month. Once you've completed at least 22 days in a month of healthy eating, go to myCigna.com, click <i>Live Healthy, Live Well</i> (look for the red-haired lady), then click the healthy eating link to log your completion. Double up: If you complete this activity twice (i.e., over a second month), you'll be eligible to earn an additional \$50. Months do not need to be consecutive.	Once your covered spouse or domestic partner eats five (5) servings of fruits and/or vegetables each day for 22 days during a month, you log on to myCigna.com. Click <i>Live Healthy, Live Well</i> (look for the red-haired lady). Under your spouse or partner's name, click the healthy eating link to log his or her completion.
Participate in a monthly weight management program <input type="checkbox"/> <input type="checkbox"/> You <input type="checkbox"/> <input type="checkbox"/> Your spouse or domestic partner	\$50 x 2	Participate in the weight-loss program of your choice, such as Weight Watchers, Jenny Craig, or a community or health-care facility-sponsored program. Once you've completed a month of activity, go to myCigna.com, click <i>Live Healthy, Live Well</i> (look for the red-haired lady), then the weight management link to log your completion. Double up: If you complete this activity twice (i.e., over a second month), you'll be eligible to earn an additional \$50. Months do not need to be consecutive.	Once your covered spouse or domestic partner participates in the weight-loss program of his or her choice, you log on to myCigna.com. Click <i>Live Healthy, Live Well</i> (look for the red-haired lady). Under your spouse or partner's name, click "Weight Management" to log his or her completion.
Enroll in <i>Healthy Pregnancies, Healthy Babies</i> and complete post-partum consultation <input type="checkbox"/> You <input type="checkbox"/> Your spouse or domestic partner	\$50 or \$100	If you're pregnant, you can earn \$100 wellness incentive dollars when you participate as early as your first trimester – or \$50 if you start in your second trimester. Enroll in <i>Healthy Pregnancies, Healthy Babies</i> by calling 800-545-8836. Once you've completed two postpartum calls, your nurse will log your completion and trigger your incentive.	If your covered spouse or domestic partner is pregnant, \$100 wellness incentive dollars are offered if she participates as early as her first trimester – or \$50 if she starts in her second trimester. She should enroll in <i>Healthy Pregnancies, Healthy Babies</i> by calling 800-545-8836. Once she's completed two postpartum calls, her nurse will log her completion and trigger the incentive.

¹ Your health assessment is confidential. When you fill out the assessment, you'll receive a personalized report. MassMutual will **not** receive a copy of your personalized report. Instead, at the end of the year, MassMutual will receive a summary report containing population health measurements – such as the number of individuals at risk with high cholesterol. This summary data helps MassMutual Benefits create wellness programs to help meet MassMutual participants' specific health needs, without identifying any individual participant's responses.

² If it is medically inadvisable or unreasonably difficult due to a medical condition for you to make progress toward a health goal, complete the physical activities, or complete the healthy eating activities described above, you may be able to satisfy an alternative standard to earn points. Please contact your physician to create a program that best fits your needs and abilities. Your physician's program will be acceptable as your alternative standard.



We'll help you get there.®