

CARDINAL FIT MOTIVATE ME POINTS PROGRAM FOR CURRENT EMPLOYEES, SPOUSES AND PARTNERS WHO ARE CIGNA PARTICIPANTS.

How does it work?

Visit myCigna.com > click on Manage My Health > select Incentive Awards Program:

- Find detailed instructions on how to get started
- View a list of eligible goals and rewards
- Check and track your completed goals

* Some Cigna goals advise you to go to the Wesleyan Wellness Website for requirements. Here is what you need to complete. Once completed, you can report your points on the Cigna Website:

Annual weight management activity

Heavy weight and obesity are major health issues for many Americans today. If you're one of the millions of Americans who struggle to maintain a healthy weight, you're not alone. In today's fast-paced society, it can be difficult to find the time to cook healthy meals, and it's often more convenient to go to a drive-through.

You will be awarded points for successfully completing a sponsored weight loss program and reaching your target weight. A sponsored weight loss program could include, but is not limited to, the following:

Weight Watchers®

Jenny Craig®

Nutrisystem®

Medifast

Community or health care facility sponsored program

Monthly healthy eating program

Good nutrition is an important part of a healthy lifestyle. But, sometimes it can be hard to know what good nutrition is, or how to start making changes that you can live by – for your lifetime. Whether your goal is to feel good, manage your weight, or prevent health problems, you can now participate in a program that offers additional motivation for healthy eating.

Healthy eating is not a diet. It means making changes you can live with and enjoy for the rest of your life. And it starts with new ways to eat, such as eating more fruits, vegetables, and whole grains, and cutting back on foods that have a lot of fat, sugar and salt.

Meet one of the following goals each month to earn 5 points:

1. Eat a combination of at least 4 servings of fruits and/or vegetables a day for the month
2. Reduce sodium intake to less than 2,300 milligrams daily for the month.
3. Eat breakfast every day and include 15 grams of protein.
4. Consume at least half of all grains as whole grains for the month.
5. Go meatless two days a week for the month.
6. For dairy products, eat/drink only fat-free and low-fat products for the month.
7. Drink at least eight glasses (8 ounces each) of water a day for the month.
8. If you drink soda daily, cut your consumption in half each day for the month.

You can earn a maximum of 5 points each month.

Monthly health management program

You know that it's important to lead a healthy lifestyle, but sometimes it's hard to know where to start, and even harder to stay motivated. But with Wesleyan's Points Program, you now have some Motivate Mes to take action. Not only will you feel better about changing your lifestyle habits, but you'll earn valuable points. You will be awarded 5 points for each month you successfully complete an activity listed below. You can earn a maximum of 5 points a month.

Here are the activities that you can help you improve your lifestyle habits while also earning points:

- Attend a Wesleyan Lunch & Learn Program or a Challenge Series Event sponsored by the Adult Fitness Program
- Bring a Wesleyan colleague (who has not participated previously in the adult fitness classes) to an Adult Fitness class four times.
- Participate in a sponsored fitness event that can include, but is not limited to:
 - Walking/running event – 1 mile fun walk, 5K, 10K, half or whole marathon
 - Multisport – duathlon, triathlon, Iron Man
 - Cycling event – charity or sponsored
 - Intramural league – basketball, softball, volleyball
 - Golf event – charity or sponsored

You can earn a maximum of 5 points each month

Monthly physical activity goal

You know that physical activity is an important part of a healthy lifestyle, but sometimes it's hard to stay motivated. With everything you have going on, getting to the gym or meeting a friend for a walk can seem like something that's just not worth the time, but every step you take is a step toward better health - and toward Wesleyan Motivate Me Points.

There are a number of ways to incorporate physical activity into your life and earn points at the same time. You will be awarded 5 points for each month you successfully meet the following guidelines:

- Exercise 30 minutes a day for at least 4 days a week.
- Exercise should include a moderate or vigorous activity level for your personal abilities.
- Exercise can include any combination of aerobic or muscle strengthening activities.
- Examples of aerobic activities include, but are not limited to, walking jogging, biking, swimming and Zumba.
- Examples of muscle strengthening activities include, but are not limited to, yoga, Pilates and weightlifting.

You can exercise at whatever time and location works for you. Wesleyan provides an excellent athletic center that is accessible to all faculty and staff. The Freeman Athletic Center offers a fitness room, indoor and outdoor tracks, pool, basketball courts and racquetball courts. In addition, there are great adult fitness classes in the morning and at lunchtime. For schedules, please go to:

<http://www.wesleyan.edu/athletics/adultfitness/>

You can earn a maximum of 5 points each month