



2025 PROGRAM UPDATES

What's **NEW** for 2025?

Program Length: January 1, 2025 to November 30, 2025

Program Steps: You will need to complete **4** Steps in order to receive your incentive for 2025

- 1) Complete the 2025 **Cigna Health Questionnaire** (**100 tokens**)
- 2) Attend an annual Primary Care Physician (PCP) **and** receive your Age Gender Appropriate screening (**100 tokens - *50 each**)
- 3) Complete **two (2)** coaching sessions: in-person, on the phone, or virtually (**100 tokens**)
- 4) Complete **five (5)** options from the My Choice Menu (**50 tokens**)

Total Tokens: 350

Wellness Coaching: Quarterly onsite coaching*

Completed **two (2)** sessions are still required

**Dates & Times are subject to change*