

The Cigna Take Control Rewards program



1. What is the Cigna Take Control Rewards[®] program?

The Cigna Take Control Rewards program encourages Cigna Healthcare medical policyholders (primary subscribers) to make the most of their health plan by rewarding them for completing simple activities. This program runs from January to December 31, 2024.

2. Who can participate in the program?

Participants in the Cigna Take Control Rewards Program must:

- Be an eligible Individual Family Plan (IFP) medical policyholder (primary subscriber)
- Be 18 years of age or older
- Have an active policy
- Be current on their premiums

Membership in this program is not transferable to a spouse or dependent.

3. How can a customer access the Take Control Rewards program?

Customers can access the Cigna Take Control Rewards program in three easy steps:

1. Register or log in to their myCigna[®] account
2. Complete the Health Assessment on the Wellness homepage
3. Accept the Terms and Conditions and click on “Start Earning Rewards”

4. How do points work?

Customers can earn up to 3,250 points (\$325 in reward dollars) for completing program-approved activities (like taking their online Health Assessment). Points can then be redeemed for rewards available on the Take Control Rewards site, where customers can also view their point balance.

Keep in mind that some activities require validation and will be shown as “pending” until the activity is validated (typically within 10 to 15 business days). While points may be redeemed for a Reloadable Visa[®] Reward Card, they cannot be redeemed for cash and cannot be transferred or combined with other accounts. No additional points can be purchased.

5. What types of activities can earn points?

Program-approved activities include but are not limited to:

- Completing the online Health Assessment on myCigna
- Completing the annual wellness visit and other preventive care actions
- Completing the A1C

6. Do points expire?

Points do not expire during the program year (January to December 31, 2024), so long as the member is an active Cigna Healthcare medical policyholder who is current on their premiums.

Reloadable Visa® Reward Card² funds are subject to the terms of the cardholder agreement. Unused points expire after the final date of coverage and cannot be redeemed if the health plan is cancelled or payments are not current.

7. Do any activities need to be completed before December 31 in order to earn points?

Yes. The Preventive Care exam and A1C diabetic screening must be completed, claim submitted, and claim processed by Cigna Healthcare by December 15, 2024, in order to earn points for those activities. Note: there can be significant delays with getting points added to the primary subscriber's balance as it depends on when the claim is received and processed by Cigna Healthcare. We encourage our providers to submit these claims as soon as possible to ensure points are deposited before the close of the program.

We're here to help

If a subscriber still has questions, please have them call the number on the back of their Cigna Healthcare Medical ID card (866-494-2111)



¹The Cigna Take Control Rewards program is available in all states to all primary subscribers that are active Cigna Healthcare medical 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 redeeming rewards is dependent on qualifying premiums being current and fully paid.

²Card can only be used for Qualified Purchases indicated in the Cardholder Agreement everywhere Visa® debit cards are accepted in the U.S. and District of Columbia. Card is issued by Pathward®, N.A., Member FDIC, pursuant to a license from Visa U.S.A. Inc. No Cash or ATM Access. See Cardholder Agreement for PIN instructions. Terms and conditions apply. See Cardholder Agreement at [WellnessIncentives.com](https://www.WellnessIncentives.com).

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