



wellness incentive program

missouri southern state university

The Wellness & Insurance Committees, as well as the University and President's Council, have unanimously approved a voluntary Wellness Incentive Program for all university employees!

Between Jan. 1 and Oct. 31, 2019, employees can log their activity completions through Cigna's online platform (www.myCigna.com) in order to qualify for a health insurance premium credit of \$25 per month beginning Jan. 1, 2020, through Dec. 31, 2020.

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MISSOURI SOUTHERN
—STATE UNIVERSITY—

How it Works:

The online tracking at myCigna.com uses a simple points system to help you identify activities you have completed and what's remaining. When you reach 400 points, you will have completed all necessary requirements for the incentive!

1. Get a Preventative Exam – 100 Points

Only one (1) preventative visit is required to meet this requirement of the program. When scheduling, be sure to let your doctor know that you are requesting a preventative wellness exam so that your claim is coded correctly.

EXAMPLES: Annual physical exam, annual OB/GYN exam, colon cancer screening, cervical cancer screening, prostate cancer screening, mammogram.

2. Complete a Biometric Health Screening – 100 Points

Get a validated health screening by attending the MSSU Health Fair and participating in the Freeman Screen Team blood draw at no cost to you. Or you may take the Wellness Screening Form (available at myCigna.com) to your doctor to complete when you go for your annual preventative wellness exam at no cost to you.

3. Complete an Online Health Assessment at myCigna.com - 100 Points

Valid biometric health values must be entered into the online health assessment including: Height, Weight, Waist Circumference, Blood Pressure, Total Cholesterol, & HDL Cholesterol. Employees can enter their data at myCigna.com.

4. Pick-2 from the MSSU Wellness Incentive Program (WIP) - 50 Points Each, 100 max

The first step is to join the MSSU WIP by e-mailing Craig Gullett at Gullett-C@mssu.edu. Once signed up you will begin receiving a monthly e-mail newsletter indicating the qualifying monthly wellness activities offered by MSSU.

For those who qualify, another option available to satisfy this 100 point requirement, is to complete the online Omada Diabetes Prevention Program and earn 100 points. For details and to take a one minute health test to see if you qualify, visit, omadahealth.com/mssu

**Program requires each of the 4 items in order to receive the discount. In other words, you can't complete the online Health Assessment four (4) times to get your 400 points. All activities must be done.*

Employees who have a spouse insured on the health plan are now eligible to receive a one-time \$25.00 premium credit in January, 2020 if their spouse completes the following 3 items beginning January 1, 2019 – October 31, 2019. 1) Preventative Exam, 2) Complete a Biometric Screening, & 3) Complete an Online Health Assessment at www.myCigna.com

Wellness Incentive Program FAQ

Q: Do I have to sign up for the WIP? Why should I participate?

A: No, the program is voluntary and will not affect your eligibility for university insurance plans. However, great health is its own reward. But let's face it, money in your pocket can kick up your motivation. That's why MSSU has partnered with Cigna to provide you with the tools and resources to help you live a healthy life.

Q. Do I have to worry about who at MSSU will see my personal health data?

A. The university will not receive any of your personally identifiable health data. All personal health information will be kept private and safe. Information from all Wellness Incentive Program participants is used for planning and program development purposes, but only in an aggregate format and not in any form that can identify you as an individual.

Q. Do I have to complete all of the items listed in the WIP to receive my premium discount in 2020?

A. Yes, all items must be completed between Jan. 1 and Oct. 31, 2019 (10-months) in order to receive the \$25 per month incentive beginning the following calendar year. Employees eligible to receive the incentive must be actively employed on the MSSU Health Insurance plan.

Q. How can I check and see if I've completed all of the necessary WIP items or log my activities?

A. You will need to create an online account by visiting myCigna.com if you have not already done so. You can use the same credentials as when you enrolled online for benefits for 2019. All activities are logged in the online Motivate Me Platform.

Q. What if I do not receive my annual physical/wellness exam until the end of the year?

A. You would need to complete your annual exam prior to Oct. 31.

Q. How will information I enter in this system be protected?

A. Cigna implements industry standard security measures, including physical, administrative and technical safeguards. Cigna protects your personal Information transmitted over the Internet using Secure Socket Layer (SSL) technology.

Q. Why is the university asking me about my health as part of the Wellness Incentive Program?

A. Missouri Southern wants you to thrive and live your healthiest life. The program is designed to help you know your health risk and numbers – preventing and detecting disease helps save lives. Our people are our greatest asset, and Missouri Southern is committed to maintaining the health and well-being of our workforce. Part of this commitment is in providing high-quality benefit plans at a reasonable cost to the university and to the employee. A key factor in improving the health of our workforce is early detection of chronic health conditions, as well as supporting faculty and staff in managing health risks. The Wellness Incentive Program allows participants to gain valuable health information, and informs university leadership on the overall needs and health status of our workforce.



GOLD LEVEL PROGRAM AWARD
AWARDED JULY, 2019

If you have questions or concerns, or need additional information regarding your employer-sponsored wellness program, please contact Craig Gullett, Gullett-C@mssu.edu, or Evan Jewsbury, Chief Human Resources Officer, at Jewsbury-E@mssu.edu or visit <https://intranet.mssu.edu/sites/HR/WIP/Forms/AllItems.aspx>

For specifics related to Cigna, call 1-800-244-6224.

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