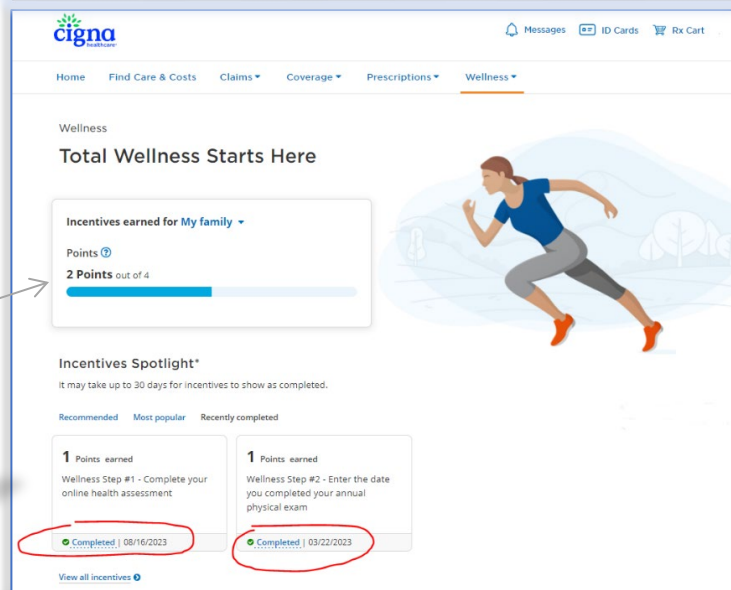
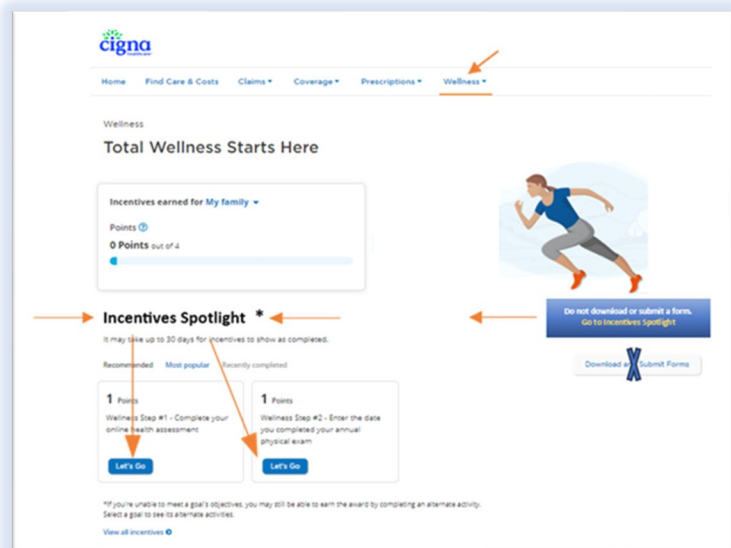


FY24 WELLNESS INCENTIVES QUICK STEPS

Deadline October 31, 2023

- Go to www.mycigna.com and log in. Follow the steps and screenshots below.
- Click **Wellness**. Can also click the **Wellness & Incentive** link and the **Incentives** section to get to the Wellness dashboard.
- Go to **Incentives Spotlight**.
- Click **Let's Go** located under **Wellness Step #1 – Complete your online health assessment**.
After completing the health assessment, print the confirmation or send a copy via email. It can take up to 30 days for this step to show as completed.
- Click **Let's Go** located under **Wellness Step #2 – Enter the date you completed your annual physical exam**.
Please allow up to 24 hours for this step to show as completed.
- Complete your Wellness Steps between July 1, 2023, and October 31, 2023, or your payroll deduction will increase beginning with your first paycheck in December 2023. See wellness and non-wellness payroll deductions on page 2.

- ✓ All information is Self-Reported by you. Cigna does not use actual health claims to verify your data.
- ✓ Do not submit forms! Cigna will not verify receipt of any forms. You will not earn any points.
- ✓ The date of your physical must have been completed between 7/1/22 – 10/31/23. Dates before 7/1/22 will display an error message.
- ✓ Loyola does not have access to your online account to verify your points. You must make sure you earned 2 points or 4 points if your spouse/LDA are enrolled.
- ✓ Your spouse/LDA must complete their Wellness Steps by logging into their own Cigna online account.
- ✓ There may be delays for the points to show so it is best to print or save the confirmation page. Screenshots are also an easy way to show you completed your steps.



TOTAL POINTS EARNED

2 Points out of 2 = Wellness Compliant
4 Points out of 4 = Wellness Compliant

It is your responsibility to confirm successful completion of your Wellness Steps.

PAYROLL DEDUCTIONS

Employees currently paying the **WELLNESS** rate must complete their Wellness Steps by 10/31/23 or their payroll deduction will increase to the **NO-WELLNESS** rate beginning with their first paycheck in December 2023. It is their responsibility to confirm successful completion of the Wellness Steps.

Payroll deductions for employees who are paid over 9, 10, and 11 months are not shown below. To calculate their payroll deduction, divide the ANNUAL COST by 20 pays (9-month employee), 22 pays (10-month employee), and 24 pays (11-month employee).

7/1/23 - 6/30/24 PLAN YEAR: MEDICAL PLANS - WELLNESS AND NO-WELLNESS PREMIUMS								PAYROLL DEDUCTIONS WILL INCREASE BY THE AMOUNTS BELOW IF ALL WELLNESS STEPS ARE NOT COMPLETED BY 10/31/23	
PLAN	COVERAGE LEVEL	WELLNESS ANNUAL COST	Admin/Faculty "WELLNESS" Payroll Deduction	Support Staff "WELLNESS" Payroll Deduction	NO-WELLNESS ANNUAL COST	Admin/Faculty "NO-WELLNESS" Payroll Deduction	Support Staff "NO-WELLNESS" Payroll Deduction	Admin/Faculty Payroll Deduction Increase - WELLNESS to NO-WELLNESS	Support Staff Payroll Deduction Increase - WELLNESS to NO-WELLNESS
High Deductible	Employee Only	\$1,167.00	\$48.63	\$44.88	\$2,153.28	\$89.72	\$82.82	\$41.10	\$37.93
High Deductible	Employee + Spouse	\$4,622.28	\$192.60	\$177.78	\$6,594.84	\$274.79	\$253.65	\$82.19	\$75.87
High Deductible	High Ded. EE+1 Child	\$2,999.64	\$124.99	\$115.37	\$3,985.92	\$166.08	\$153.30	\$41.10	\$37.93
High Deductible	High Ded. EE+Children	\$4,332.36	\$180.52	\$166.63	\$5,318.64	\$221.61	\$204.56	\$41.10	\$37.93
High Deductible	Family	\$6,955.32	\$289.81	\$267.51	\$8,927.88	\$372.00	\$343.38	\$82.19	\$75.87
OAP-IN HMO	Employee	\$1,776.48	\$74.02	\$68.33	\$2,762.76	\$115.12	\$106.26	\$41.10	\$37.93
OAP-IN HMO	Employee + Spouse	\$6,844.44	\$285.19	\$263.25	\$8,817.00	\$367.38	\$339.12	\$82.19	\$75.87
OAP-IN HMO	HMO EE+1 Child	\$4,161.96	\$173.42	\$160.08	\$5,148.24	\$214.51	\$198.01	\$41.10	\$37.93
OAP-IN HMO	HMO EE+Children	\$5,483.04	\$228.46	\$210.89	\$6,469.32	\$269.56	\$248.82	\$41.10	\$37.93
OAP-IN HMO	Family	\$9,157.20	\$381.55	\$352.20	\$11,129.76	\$463.74	\$428.07	\$82.19	\$75.87
OAP PPO	Employee	\$2,498.52	\$104.11	\$96.10	\$3,484.80	\$145.20	\$134.03	\$41.10	\$37.93
OAP PPO	Employee + Spouse	\$8,737.80	\$364.08	\$336.07	\$10,710.36	\$446.27	\$411.94	\$82.19	\$75.87
OAP PPO	Cigna PPO EE + 1 Child	\$5,298.48	\$220.77	\$203.79	\$6,284.76	\$261.87	\$241.72	\$41.10	\$37.93
OAP PPO	Cigna PPO EE+Children	\$7,576.08	\$315.67	\$291.39	\$8,562.36	\$356.77	\$329.32	\$41.10	\$37.93
OAP PPO	Family	\$12,887.04	\$536.96	\$495.66	\$14,859.60	\$619.15	\$571.52	\$82.19	\$75.87

NEED HELP?

Cigna OneGuide (Cigna's highest level of customer support): 800-Cigna24 (244-6224)

LiveChat at MyCigna, Mon - Fri, 9:00am - 8:00pm ET: www.mycigna.com

PSA Benefits Hotline: 877-716-6618 or email loyola@psafinancial.com

Loyola's Wellness webpage: <https://www.loyola.edu/department/hr/benefits/health-wellness/wellness>

Loyola's Benefits & Wellness Office: 410-617-1365