



City of Dallas

2017 Benefit Rewards Program
January 1, 2017 - August 31, 2017

75/25 HRA Plan – Complete the Start-Up Goals (online health assessment and annual physical) to earn \$300 in additional HRA funds and complete 200 points worth of activities to earn a \$240 Benefit Rewards Wellness credit (premium reduction) for 2018.

- **Retirees** – Complete the Start-Up Goals (online health assessment and annual physical) to earn \$300 in additional HRA funds and a \$240 Benefit Rewards Wellness credit (premium reduction) for 2018

70/30 Plan - Complete the Start-Up Goals (online health assessment and annual physical) and 200 points worth of activities to earn a \$240 Benefit Rewards Wellness credit (premium reduction) for 2018.

- **Retirees** – Complete the Start-Up Goals (online health assessment and annual physical) to earn a \$240 Benefit Rewards Wellness credit (premium reduction) for 2018

IMPORTANT: The Wellness Screening Form can be found on the City of Dallas benefits site (cityofdallasbenefits.org) and on [myCigna](#) under 'Forms'. Please have this form completed by your physician to satisfy the annual physical with biometric screening requirement of the Start-Up Goals.

City of Dallas employees may track their progress by logging in to myCigna.com. Visit the 'My Health' tab and click on 'Incentive Awards'.

Points are earned for the following activities:

50 points (each):

- Achieve a healthy BMI of ≤ 30
- Achieve a healthy total cholesterol ≤ 239
- Achieve a fasting blood sugar of ≤ 100 or non-fasting blood sugar of ≤ 140
- Achieve a healthy blood pressure level of $\leq 139/89$

If you meet all four of the above requirements during your annual physical, you have earned the needed 200 points. If you miss one or more of the measurements, you may substitute with a reasonable alternative or another activity below.

- Reasonable alternatives:
 - Achieve a goal in an online or telephonic coaching program
 - A physician recommended alternative (*physician form found on the City of Dallas benefits site and myCigna under 'Forms'*)

- A physician waiver (exemption from the program - *physician form found on the City of Dallas benefits site and myCigna under 'Forms'*)
- Apps & Activities Rewards: You are eligible for points when you reach 1000 activity points. Visit the 'My Health' tab on myCigna and click 'Apps & Activities'.

25 points (each):

- Routine OB/GYN exam
- Routine mammogram
- Complete a cervical cancer screening
- Complete a colorectal cancer screening
- Complete a prostate cancer screening

You will receive points for only one of the exams/screenings listed above.

- Achieve a goal to overcome a chronic health problem (talk to a health coach)
- Get help improving lifestyle habits (stress) through myCigna
- Get help improving lifestyle habits (weight) through myCigna
- Get help improving lifestyle habits (tobacco cessation) through myCigna
- Participate in an online wellness challenge (employees can complete two per year for a maximum of 50 points)

10 Points

- Attend one on-site wellness seminar or webinar (employees can complete up to five per year for a maximum of 50 points)