

cigna wellness incentive program 2023

Cigna Wellness Incentive Program 2023: Your Guide to Healthier Habits and Bigger Savings

Are you a Cigna member looking to boost your health and your bank account in 2023? Cigna's wellness incentive programs offer a fantastic opportunity to do just that. This comprehensive guide dives deep into the Cigna wellness incentive program for 2023, detailing eligibility, participation requirements, reward structures, and how to maximize your benefits. We'll cover everything you need to know to successfully participate and reap the rewards of a healthier, wealthier you.

Understanding the Cigna Wellness Incentive Program 2023

Cigna's wellness incentive program is designed to encourage healthy lifestyle choices by rewarding members who actively participate in health-focused activities. These programs aren't just about fleeting rewards; they're about fostering long-term habits that improve your overall well-being and reduce healthcare costs. The specific details of the program, including available incentives and requirements, can vary based on your specific Cigna plan and employer. This is why it's crucial to check your individual plan documents or contact Cigna directly for personalized information.

How to Find Your Specific Cigna Wellness Program Details

Don't assume you know the specifics! The first step is to locate your specific plan information. You can typically access this information through several channels:

Your Cigna Member Portal: This online portal is usually accessible through the Cigna website. Log in using your member credentials to access your personalized plan details, including wellness program

information.

Your Employer's HR Department: If your employer provides Cigna coverage, your HR department is a valuable resource. They can provide details about your company's participation in the wellness program and any additional incentives offered.

Cigna's Customer Service: If you have trouble finding the information online or through your employer, contact Cigna's customer service directly. They will be able to guide you to the appropriate resources and answer any questions you might have.

Common Activities Included in Cigna Wellness Incentive Programs

While the specifics vary, many Cigna wellness programs encourage participation in activities such as:

Health Risk Assessments (HRAs): Completing an HRA, often a simple online questionnaire, is a common requirement. These assessments help Cigna understand your health status and identify areas for potential improvement.

Health Screenings: Participating in preventative health screenings like blood pressure checks, cholesterol tests, and biometric screenings often earns points or rewards.

Completing Wellness Programs: Many programs involve online courses or workshops focusing on healthy eating, physical activity, stress management, and other key aspects of well-being.

Physical Activity Tracking: Using fitness trackers or apps to monitor your activity levels is another popular component. Meeting step goals or recording exercise sessions frequently contributes to earning rewards.

Preventative Care Visits: Scheduling and attending regular check-ups with your doctor or other healthcare professionals often qualifies for rewards.

Remember to check your specific plan details for the exact activities that qualify for your incentive program.

What Rewards Can You Expect from the Cigna Wellness Incentive

Program 2023?

The rewards offered through Cigna's wellness programs are designed to be enticing. Common incentives include:

Financial Incentives: This is often the most significant reward, taking the form of a reduction in your monthly premium, a lump-sum payment, or a contribution to your health savings account (HSA).

Gift Cards: Some programs offer gift cards to popular retailers or restaurants as an additional incentive.

Wellness Merchandise: Items like fitness trackers, water bottles, or other wellness-related products might be available.

Access to Exclusive Resources: Participation might unlock access to online health and wellness resources, such as personalized coaching or support groups.

The value of the rewards varies significantly depending on your plan and your level of participation.

Tips for Maximizing Your Cigna Wellness Incentive Program Benefits

To maximize your chances of earning the full rewards, consider these strategies:

Complete all required activities promptly: Don't procrastinate! Meet all deadlines to ensure you receive credit for your participation.

Understand the program guidelines thoroughly: Read all the program materials carefully to understand the specific requirements and earn the maximum rewards.

Utilize available resources: Take advantage of any online tools, resources, or support offered through the program.

Track your progress: Keep track of your activities and progress to stay motivated and ensure you meet all requirements.

Set realistic goals: Don't try to do too much too soon. Set achievable goals for yourself and gradually build healthier habits.

Conclusion

The Cigna wellness incentive program 2023 offers a compelling opportunity to improve your health and potentially save money. By understanding your plan's specific requirements and actively participating in the program, you can significantly benefit from improved well-being and financial rewards. Remember to check your plan documents regularly and contact Cigna directly if you have any questions or need clarification. Your health and your wallet will thank you!

FAQs

1. What if I miss a deadline for a wellness activity? Contact Cigna customer service immediately to see if there's any possibility of an extension or alternative arrangement.

1. Can I participate in the program if I have pre-existing health conditions? Yes, most Cigna wellness programs are inclusive and designed to support individuals with varying health needs. However, some activities might require modifications based on your health status.

1. Is my participation in the wellness program confidential? Yes, your participation and health information are typically protected under HIPAA regulations.

1. Can my family members participate in the program? Depending on your specific plan, your family members may also be eligible to participate and earn rewards. Check your plan

documents or contact Cigna for details.

1. How do I get started with the Cigna wellness incentive program? Begin by accessing your Cigna member portal or contacting your employer's HR department to locate your specific program details and instructions.

cigna wellness incentive program 2023: *A Review of the U.S. Workplace Wellness Market*

Soeren Mattke, Christopher Schnyer, Kristin R Van Busum, 2012-11-28 This paper describes the current state of workplace wellness programs in the United States, including typical program components; assesses current uptake among U.S. employers; reviews the evidence for program impact; and evaluates the current use and the impact of incentives to promote employee engagement.

cigna wellness incentive program 2023: Workplace Wellness Programs Study Soeren Mattke, Hangsheng Liu, John P. Caloyeras, Christina Y. Huang, Kristin R. Van Busum, 2013 The report investigates the characteristics of workplace wellness programs, their prevalence and impact on employee health and medical cost, facilitators of their success, and the role of incentives in such programs. The authors employ four data collection and analysis streams: a literature review, a survey of employers, a longitudinal analysis of medical claims and wellness program data from a sample of employers, and five employer case studies.

cigna wellness incentive program 2023: Medical and Dental Expenses , 1990

cigna wellness incentive program 2023: Pain Management and the Opioid Epidemic National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Sciences Policy, Committee on Pain Management and Regulatory Strategies to Address Prescription Opioid Abuse, 2017-09-28 Drug overdose, driven largely by overdose related to the use of opioids, is now the leading cause of unintentional injury death in the United States. The ongoing opioid crisis lies at the intersection of two public health challenges: reducing the burden of suffering from pain and containing the rising toll of the harms that can arise from the use of opioid medications. Chronic pain and opioid use disorder both represent complex human conditions affecting millions of Americans and causing untold disability and loss of function. In the context of the growing opioid problem, the U.S. Food and Drug Administration (FDA) launched an Opioids Action Plan in early 2016. As part of this plan, the FDA asked the National Academies of Sciences, Engineering, and Medicine to convene a committee to update the state of the science on pain research, care, and education and to identify actions the FDA and others can take to respond to the opioid epidemic, with a particular focus on informing FDA's development of a formal method for incorporating individual and societal considerations into its risk-benefit framework for opioid approval and monitoring.

cigna wellness incentive program 2023: MoneyBall Medicine Harry Glorikian, Malorye Allison Branca, 2017-11-20 How can a smartwatch help patients with diabetes manage their disease?

Why can't patients find out prices for surgeries and other procedures before they happen? How can researchers speed up the decade-long process of drug development? How will Precision Medicine impact patient care outside of cancer? What can doctors, hospitals, and health systems do to ensure they are maximizing high-value care? How can healthcare entrepreneurs find success in this data-driven market? A revolution is transforming the \$10 trillion healthcare landscape, promising greater transparency, improved efficiency, and new ways of delivering care. This new landscape presents tremendous opportunity for those who are ready to embrace the data-driven reality. Having the right data and knowing how to use it will be the key to success in the healthcare market in the future. We are already starting to see the impacts in drug development, precision medicine, and how patients with rare diseases are diagnosed and treated. Startups are launched every week to fill an unmet need and address the current problems in the healthcare system. Digital devices and artificial intelligence are helping doctors do their jobs faster and with more accuracy. MoneyBall Medicine: Thriving in the New Data-Driven Healthcare Market, which includes interviews with dozens of healthcare leaders, describes the business challenges and opportunities arising for those working in one of the most vibrant sectors of the world's economy. Doctors, hospital administrators, health information technology directors, and entrepreneurs need to adapt to the changes effecting healthcare today in order to succeed in the new, cost-conscious and value-based environment of the future. The authors map out many of the changes taking place, describe how they are impacting everyone from patients to researchers to insurers, and outline some predictions for the healthcare industry in the years to come.

cigna wellness incentive program 2023: Section 1557 of the Affordable Care Act

American Dental Association, 2017-05-24 Section 1557 is the nondiscrimination provision of the Affordable Care Act (ACA). This brief guide explains Section 1557 in more detail and what your practice needs to do to meet the requirements of this federal law. Includes sample notices of nondiscrimination, as well as taglines translated for the top 15 languages by state.

cigna wellness incentive program 2023: Implementing High-Quality Primary Care

National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Care Services, Committee on Implementing High-Quality Primary Care, 2021-06-30 High-quality primary care is the foundation of the health care system. It provides continuous, person-centered, relationship-based care that considers the needs and preferences of individuals, families, and communities. Without access to high-quality primary care, minor health problems can spiral into chronic disease, chronic disease management becomes difficult and uncoordinated, visits to emergency departments increase, preventive care lags, and health care spending soars to unsustainable levels. Unequal access to primary care remains a concern, and the COVID-19 pandemic amplified pervasive economic, mental health, and social health disparities that ubiquitous, high-quality primary care might have reduced. Primary care is the only health care component where an increased supply is associated with better population health and more equitable outcomes. For this reason, primary care is a common good, which makes the strength and quality of the country's primary care services a public concern. Implementing High-Quality Primary Care: Rebuilding the Foundation of Health Care puts forth an evidence-based plan with actionable objectives and recommendations for implementing high-quality primary care in the United States. The implementation plan of this report balances national needs for scalable solutions while allowing for adaptations to meet local needs.

cigna wellness incentive program 2023: Annual Quality Plan United States. Internal Revenue Service. Assistant Commissioner (Procurement), 1992

cigna wellness incentive program 2023: Protecting The Poor: A Microinsurance Compendium Craig Churchill, 2008

cigna wellness incentive program 2023: Epidemiology and Prevention of Vaccine-Preventable Diseases, 13th Edition E-Book Jennifer Hamborsky, MPH, MCHES, Andrew Kroger, MD, MPH, Charles (Skip) Wolfe, 2015-10-19 The Public Health Foundation (PHF) in partnership with the Centers for Disease Control and Prevention (CDC) is pleased to announce the

availability of Epidemiology and Prevention of Vaccine-Preventable Diseases, 13th Edition or “The Pink Book” E-Book. This resource provides the most current, comprehensive, and credible information on vaccine-preventable diseases, and contains updated content on immunization and vaccine information for public health practitioners, healthcare providers, health educators, pharmacists, nurses, and others involved in administering vaccines. “The Pink Book E-Book” allows you, your staff, and others to have quick access to features such as keyword search and chapter links. Online schedules and sources can also be accessed directly through e-readers with internet access. Current, credible, and comprehensive, “The Pink Book E-Book” contains information on each vaccine-preventable disease and delivers immunization providers with the latest information on: Principles of vaccination General recommendations on immunization Vaccine safety Child/adult immunization schedules International vaccines/Foreign language terms Vaccination data and statistics The E-Book format contains all of the information and updates that are in the print version, including: · New vaccine administration chapter · New recommendations regarding selection of storage units and temperature monitoring tools · New recommendations for vaccine transport · Updated information on available influenza vaccine products · Use of Tdap in pregnancy · Use of Tdap in persons 65 years of age or older · Use of PCV13 and PPSV23 in adults with immunocompromising conditions · New licensure information for varicella-zoster immune globulin Contact bookstore@phf.org for more information. For more news and specials on immunization and vaccines visit the Pink Book's Facebook fan page

cigna wellness incentive program 2023: *Presenteeism* H. Quazi, 2013-11-21 Presenteeism presents the important issues related to the nature and extent of presenteeism and cited examples from different studies. The book discusses in depth why employees come to work despite being sick, strategies to manage presenteeism behavior and who should be taking the lead in managing such employee behavior.

cigna wellness incentive program 2023: *The Postal Record* , 1923

cigna wellness incentive program 2023: *Model Contract Language* Graphic Arts Union Employers of America, 1978

cigna wellness incentive program 2023: *Human Resources in Healthcare* Bruce Fried, Myron D. Fottler, 2015

cigna wellness incentive program 2023: *The Medicare Handbook* , 1988

cigna wellness incentive program 2023: *Breast Cancer Screening and Diagnosis* Mahesh K Shetty, 2014-09-19 This book presents the current trends and practices in breast imaging. Topics include mammographic interpretation; breast ultrasound; breast MRI; management of the symptomatic breast in young, pregnant and lactating women; breast intervention with imaging pathological correlation; the postoperative breast and current and emerging technologies in breast imaging. It emphasizes the importance of fostering a multidisciplinary approach in the diagnosis and treatment of breast diseases. Featuring more than 800 high-resolution images and showcasing contributions from leading authorities in the screening, diagnosis and management of the breast cancer patient, Breast Cancer Screening and Diagnosis is a valuable resource for radiologists, oncologists and surgeons.

cigna wellness incentive program 2023: *America's Bitter Pill* Steven Brill, 2015-01-05 NEW YORK TIMES BESTSELLER • A NEW YORK TIMES NOTABLE BOOK • “A tour de force . . . a comprehensive and suitably furious guide to the political landscape of American healthcare . . . persuasive, shocking.”—The New York Times America’s Bitter Pill is Steven Brill’s acclaimed book on how the Affordable Care Act, or Obamacare, was written, how it is being implemented, and, most important, how it is changing—and failing to change—the rampant abuses in the healthcare industry. It’s a fly-on-the-wall account of the titanic fight to pass a 961-page law aimed at fixing America’s largest, most dysfunctional industry. It’s a penetrating chronicle of how the profiteering that Brill first identified in his trailblazing Time magazine cover story continues, despite Obamacare. And it is the first complete, inside account of how President Obama persevered to push through the law, but then failed to deal with the staff incompetence and turf wars that crippled its

implementation. But by chance America's Bitter Pill ends up being much more—because as Brill was completing this book, he had to undergo urgent open-heart surgery. Thus, this also becomes the story of how one patient who thinks he knows everything about healthcare “policy” rethinks it from a hospital gurney—and combines that insight with his brilliant reporting. The result: a surprising new vision of how we can fix American healthcare so that it stops draining the bank accounts of our families and our businesses, and the federal treasury. Praise for America's Bitter Pill “An energetic, picaresque, narrative explanation of much of what has happened in the last seven years of health policy . . . [Brill] has pulled off something extraordinary.”—The New York Times Book Review “A thunderous indictment of what Brill refers to as the ‘toxicity of our profiteer-dominated healthcare system.’ ”—Los Angeles Times “A sweeping and spirited new book [that] chronicles the surprisingly juicy tale of reform.”—The Daily Beast “One of the most important books of our time.”—Walter Isaacson “Superb . . . Brill has achieved the seemingly impossible—written an exciting book about the American health system.”—The New York Review of Books

cigna wellness incentive program 2023: Research Anthology on Privatizing and Securing Data Management Association, Information Resources, 2021-04-23 With the immense amount of data that is now available online, security concerns have been an issue from the start, and have grown as new technologies are increasingly integrated in data collection, storage, and transmission. Online cyber threats, cyber terrorism, hacking, and other cybercrimes have begun to take advantage of this information that can be easily accessed if not properly handled. New privacy and security measures have been developed to address this cause for concern and have become an essential area of research within the past few years and into the foreseeable future. The ways in which data is secured and privatized should be discussed in terms of the technologies being used, the methods and models for security that have been developed, and the ways in which risks can be detected, analyzed, and mitigated. The Research Anthology on Privatizing and Securing Data reveals the latest tools and technologies for privatizing and securing data across different technologies and industries. It takes a deeper dive into both risk detection and mitigation, including an analysis of cybercrimes and cyber threats, along with a sharper focus on the technologies and methods being actively implemented and utilized to secure data online. Highlighted topics include information governance and privacy, cybersecurity, data protection, challenges in big data, security threats, and more. This book is essential for data analysts, cybersecurity professionals, data scientists, security analysts, IT specialists, practitioners, researchers, academicians, and students interested in the latest trends and technologies for privatizing and securing data.

cigna wellness incentive program 2023: Cowboy Ethics James P. Owen, 2015-03-03 A new approach to business ethics is quietly taking hold in executive suites and corporate boardrooms across America. Frustrated by an epidemic of misbehavior at all employee levels, management teams are getting back to basics—back to the idea that personal character and individual responsibility are the ultimate keys to integrity, just as they were back in the days of the Open Range. A decade ago, the book Cowboy Ethics first inspired businesspeople to look to the Code of the West. Once they did, they discovered that its simple, common-sense principles can be more effective guides to business leadership than a truckload of corporate mission statements, rules, and ethics manuals. “Cowboys are role models because they live by a code,” says author James P. Owen. “They show us what it means to stand for something, and to strive every day to make your actions line up with your beliefs. And isn’t that as good a definition of integrity as you can find?” In the years since, the book’s “Ten Principles to Live By” have been embraced by scores of companies, universities, and even a state government. This updated Tenth Anniversary hardcover edition traces the evolution of this grassroots business movement in brand-new chapters while preserving the inspirational lessons and stunning photography of the original. It’s ideal for corporate gifts, the new graduate, business students, or any career person who cares about doing the right thing.

cigna wellness incentive program 2023: Pharmaceutical Prices in the 21st Century Zaheer-Ud-Din Babar, 2014-12-05 This book provides an overview of the global pharmaceutical pricing policies. Medicines use is increasing globally with the increase in resistant microbes,

emergence of new treatments, and because of awareness among consumers. This has resulted in increased drug expenditures globally. As the pharmaceutical market is expanding, a variety of pharmaceutical pricing strategies and policies have been employed by drug companies, state organizations and pharmaceutical pricing authorities.

cigna wellness incentive program 2023: *The Centering Pregnancy Model* Sharon Schindler Rising, CNM, MSN, FACNM, Charlotte Houde Quimby, CNM, MSN, FACNM, 2016-12-13 Describes a highly effective alternative health care paradigm Two distinguished leaders in (nurse-)midwifery provide a comprehensive examination of an effective, well-known model of perinatal care associated with improved health outcomes and reduced costs. This book describes basic tenets of the Centering Healthcare Model, which brings cohorts of people with similar health care needs together in a circle group setting for care. It encourages meaningful dialog between the patient, other patients, clinicians, the family, and the community. The chapters discuss the clinical practice landscape leading to the model's development, its use in clinical practice, and its widespread and continuing growth as an effective alternative to traditional care. Interspersed with comments and stories of support from Centering alumni, both group members and health care professionals, this book provides information on how to implement the group model in practice and maintain the three foundations of the model: health care, interactive learning, and community building. Chapters describe the power of the group process, through facilitative leadership, to encourage behavior change and personal empowerment. Data documents increased satisfaction with care and better health outcomes. Key Features: Describes the theoretical underpinnings and foundations of the Centering Model Demonstrates ways that the Centering Model achieves improved health care outcomes and reduced costs Discusses the impact of evidence-based research on providers, administrators, and policy-makers Focuses on implementation science relating to stages of system redesign and supportive mentoring Includes personal stories from patients, providers, and staff Demonstrates the validity and applicability of the model to a variety of healthcare fields and practices.

cigna wellness incentive program 2023: Healthcare Quality Book: Vision, Strategy, and Tools, Fifth Edition , 2022

cigna wellness incentive program 2023: *Michelle's Law* United States. Congress. House. Committee on Energy and Commerce, 2008

cigna wellness incentive program 2023: *Pulmonary/respiratory Therapy Secrets* Polly E. Parsons, John E. Heffner, 2002 The new edition of this popular pulmonary/respiratory therapy text in question-and-answer format is completely updated and expanded. The new edition contains expanded coverage of endoscopy. Great as a concise clinical text or as a review for rounds and exams. The book contains 83 chapters organized in 18 sections, covering all aspects of pulmonary evaluation, disease, and therapy. All chapters are thoroughly revised and updated. The new edition features a new chapter on Interventional Bronchoscopy. Thorough, highly detailed index.

cigna wellness incentive program 2023: *Information Therapy* Donald W. Kemper, Molly Mettler, 2002

cigna wellness incentive program 2023: Organization Development and Change Thomas G. Cummings, Christopher G. Worley, 2006

cigna wellness incentive program 2023: Health Care Fraud and Abuse Aspen Health Law Center, 1998 Stepped-up efforts to ferret out health care fraud have put every provider on the alert. The HHS, DOJ, state Medicaid Fraud Control Units, even the FBI is on the case -- and providers are in the hot seat! in this timely volume, you'll learn about the types of provider activities that fall under federal fraud and abuse prohibitions as defined in the Medicaid statute and Stark legislation. And you'll discover what goes into an effective corporate compliance program. With a growing number of restrictions, it's critical to know how you can and cannot conduct business and structure your relationships -- and what the consequences will be if you don't comply.

cigna wellness incentive program 2023: *Saunders Comprehensive Review for NCLEX-RN* Linda Anne Silvestri, 1999 An easy-to-read text focusing on all areas of nursing to aid in

successful preparation for the NCLEX-RN. A unique feature of this book is the test-taking strategies included in each chapter. Additionally, students will find content review, practice tests at the end of each chapter with answers and rationales for right and wrong answers and a free CD-ROM that includes the 2,700 practice questions from the text plus 600 additional practice questions.

cigna wellness incentive program 2023: The Future of Nursing 2020-2030 National Academies of Sciences Engineering and Medicine, Committee on the Future of Nursing 2020-2030, 2021-09-30 The decade ahead will test the nation's nearly 4 million nurses in new and complex ways. Nurses live and work at the intersection of health, education, and communities. Nurses work in a wide array of settings and practice at a range of professional levels. They are often the first and most frequent line of contact with people of all backgrounds and experiences seeking care and they represent the largest of the health care professions. A nation cannot fully thrive until everyone - no matter who they are, where they live, or how much money they make - can live their healthiest possible life, and helping people live their healthiest life is and has always been the essential role of nurses. Nurses have a critical role to play in achieving the goal of health equity, but they need robust education, supportive work environments, and autonomy. Accordingly, at the request of the Robert Wood Johnson Foundation, on behalf of the National Academy of Medicine, an ad hoc committee under the auspices of the National Academies of Sciences, Engineering, and Medicine conducted a study aimed at envisioning and charting a path forward for the nursing profession to help reduce inequities in people's ability to achieve their full health potential. The ultimate goal is the achievement of health equity in the United States built on strengthened nursing capacity and expertise. By leveraging these attributes, nursing will help to create and contribute comprehensively to equitable public health and health care systems that are designed to work for everyone. The Future of Nursing 2020-2030: Charting a Path to Achieve Health Equity explores how nurses can work to reduce health disparities and promote equity, while keeping costs at bay, utilizing technology, and maintaining patient and family-focused care into 2030. This work builds on the foundation set out by The Future of Nursing: Leading Change, Advancing Health (2011) report.

cigna wellness incentive program 2023: *Atlas of Emergency Medicine* Kevin J. Knoop, Lawrence B. Stack, Alan B. Storrow, 2002 If a picture is worth a thousand words, this text speaks volumes. - Review of the First Edition, Academic Emergency Medicine *The primary visual sourcebook for diagnosis of emergency conditions *Features 700 high quality full-color photos *Covers diagnosis and clinical features for a broad spectrum of typical and atypical conditions *New to this edition: chapters on HIV, wounds and forensic evaluation, coverage of pneumonia, additional toxins, and treatment techniques

cigna wellness incentive program 2023: Optimal Resources for Surgical Quality and Safety David B. Hoyt, Clifford Y. Ko, Rayford Scott Jones, 2017-07-21

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