

# DON'T MISS OUT ON YOUR WELLNESS \$\$\$!

Earn up to \$300 in rewards



## Did you know Norwich University offers wellness rewards?

Benefit-eligible faculty and staff can earn up to **\$300** in gift cards. Qualifying activities include a health assessment, preventive exam, and well-being events.

## There's still time to earn your 2022 reward!

### STEP 1

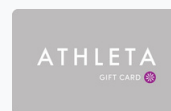
Visit [www.mycigna.com](http://www.mycigna.com), login, and select Wellness from the top navigation. You can also download the myCigna mobile app.

### STEP 2

View reward-eligible activities. Choose the activities you want to participate in and take action!

### STEP 3

Once you start earning, you can select the gift card(s) you'd like to redeem. There are lots of choices, including **Amazon**, **L.L. Bean**, and **Athleta**! *Gift cards are subject to tax.*



**Plus many more choices!**

[www.mycigna.com](http://www.mycigna.com)



For more information or help setting up your account, call 800.244.6224.