

## Health Award Incentive Program – HSA (Core Plan)

Max Employer Contributions:  
\$500 for Employee Only  
\$1,000 for Employee + Dependent(s)

Paradigm Precision will contribute 20% up front (\$100 for employee only and \$200 for employee + dependents) and the remaining 80% must be earned by completing **two activities; one from each category:**

### Preventive Care

- COVID-19 Vaccine (both doses)
- Annual Physical
- Annual OBGYN Exam
- Mammogram
- Colon Cancer Screening
- Cervical Cancer Screening
- Prostate Screening

### Additional Wellness Activities

- NEW – Receive a COVID-19 booster shot
- Receiving the flu shot
- Annual cleaning with the dentist
- Complete Cigna's Health Risk Assessment
- Participate in Cigna's Health Advisor Coaching/Your Health First Coaching Programs for Diabetes

To receive funding for your COVID vaccine, you must receive the **full** vaccination in 2022 and report it on the Incentives page on the MyCigna website/app under *Extra Goals*. Award is subject to audit by HR.

**The earned portion of the HSA contribution will be funded to employee accounts on a quarterly basis. All activities must be completed by October 31<sup>st</sup> to receive funding.**

## Health Award Incentive Program – Buy Up Plan

Employees participating in the Buy Up Plan are eligible for the Health Award Incentive Program as well.

To qualify, employees must complete **two activities; one from each category:**

### Preventive Care

- COVID-19 Vaccine (both doses)
- Annual Physical
- Annual OBGYN Exam
- Mammogram
- Colon Cancer Screening
- Cervical Cancer Screening
- Prostate Screening

### Additional Wellness Activities

- NEW – Receive a COVID-19 booster shot
- Receiving the flu shot
- Annual cleaning with the dentist
- Complete Cigna’s Health Risk Assessment
- Participate in Cigna’s Health Advisor Coaching/Your Health First Coaching Programs for Diabetes

To receive funding for your COVID vaccine, you must receive the **full** vaccination in 2022 and report it on the Incentives page on the MyCigna website/app under *Extra Goals*. Award is subject to audit by HR.

**If both activities are completed by October 31st, employees will be eligible for a \$250 Health Award Incentive (taxable bonus).**

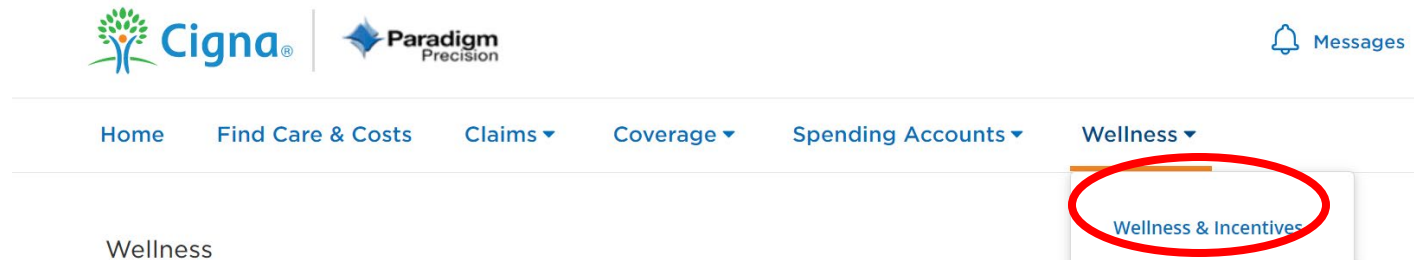
## How to Log Wellness Activities

Most wellness activities are automatically reported on your behalf when a claim is submitted. However, the following wellness activities need to be self-reported:

- COVID-19 Vaccine
- Dental Visit
- Flu Shot
- COVID-19 Booster

## HR Update

To log your activities, log into MyCigna.com and click on Wellness – Wellness & Incentives.



Click on View All Incentives to see all available incentives.

## How to Log Wellness Activities

Find the incentive you have completed – for example, to log the COVID-19 vaccine, click on Extra Goals and enter the date you received the second dose of the shot.

To submit, click on Complete Goal.

### ▼ Extra Goals

Extra goals can be earned above and beyond your global cap.

I received a Covid vaccine (Replaces \$350 HSA reward for Preventive Care. Subject to audit)

\$0  
HSA Deposit

If you participated in a health and wellness activity, it shows your commitment to a healthy lifestyle. Tell us about it.

Available  
01/01/22 – 10/31/22

#### Tell us more about your completed goal

To report a health goal, simply choose the date of the activity, check the certification box and submit. Note- you must be logged in to your own myCigna account. You cannot report on behalf of another person.

I completed this goal on:

Month                      Day                      Year

January

10

2022

I certify that I've completed this goal on the date provided.

NOTE: Please allow up to 24 hours for this goal to show as completed.

Complete Goal