As part of that support, the University System of New Hampshire is offering our annual MyPath2Wellness program. MyPath2Wellness is designed to get you engaged in your health – and help you improve it – while providing a valuable incentive.
How to earn your reward

Status-benefits eligible faculty and staff can earn an incentive by taking two simple steps. Complete both Step 1 and Step 2 of the MyPath2Wellness program and you will receive up to a $400 credit toward your 2018 USNH medical plan cost. Step 1 and 2 must be completed by October 31, 2017.
Knowing your health numbers – also known as biometric numbers – can help you take steps to keep these indicators in a healthy range and lower your risk for disease.

Workplace screenings make it easy to obtain key numbers for:

- Blood pressure
- Total cholesterol
- High-density lipoproteins (HDL)
- Glucose (sugar levels)
- Waist circumference
- Height, weight and body mass index measures

Workplace screenings are scheduled during September and October. Check the screening schedule on the next page for location, date and times.

Biometric screenings are provided by third-party health care providers and not by Cigna.
You can attend a screening at any USNH location. Find a date and location below that works for you. Please be sure to **sign up for your screening** by visiting www.screeningreg.com.

Login: **usnh**  Password: **healthy** *(login and password are all lowercase)*

<table>
<thead>
<tr>
<th>CAMPUS</th>
<th>DATE</th>
<th>TIME</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>University of New Hampshire – Durham</td>
<td>Wednesday, 9/27</td>
<td>8:00 am – 4:00 pm</td>
<td>MUB Strafford Room</td>
</tr>
<tr>
<td>System Office – Concord</td>
<td>Thursday, 9/28</td>
<td>9:00 am – 3:00 pm</td>
<td>Conference Room 313–315</td>
</tr>
<tr>
<td>University of New Hampshire – Durham</td>
<td>Tuesday, 10/3</td>
<td>7:00 am – 4:00 pm</td>
<td>MUB Strafford Room</td>
</tr>
<tr>
<td>Keene State College</td>
<td>Tuesday, 10/3</td>
<td>8:00 am – 2:00 pm</td>
<td>Young Student Center, Madison St Lounge</td>
</tr>
<tr>
<td>University of New Hampshire – Durham</td>
<td>Thursday, 10/5</td>
<td>9:00 am – 2:00 pm</td>
<td>121 Technology Drive</td>
</tr>
<tr>
<td>Granite State College – Conway</td>
<td>Monday, 10/9</td>
<td>10:00 am – 1:00 pm</td>
<td>Conference Room</td>
</tr>
<tr>
<td>University of New Hampshire – Durham</td>
<td>Tuesday, 10/10</td>
<td>8:00 am – 4:00 pm</td>
<td>MUB Strafford Room</td>
</tr>
<tr>
<td>Granite State College – Manchester</td>
<td>Tuesday, 10/10</td>
<td>10:00 am – 1:00 pm</td>
<td>Conference Room</td>
</tr>
<tr>
<td>Keene State College</td>
<td>Wednesday, 10/11</td>
<td>1:00 pm – 6:00 pm</td>
<td>Young Student Center, Madison St Lounge</td>
</tr>
<tr>
<td>University of New Hampshire – Durham</td>
<td>Thursday, 10/12</td>
<td>7:30 am – 4:30 pm</td>
<td>1 Leavitt Lane, Room 223/225</td>
</tr>
<tr>
<td>Granite State College – Rochester</td>
<td>Thursday, 10/12</td>
<td>10:00 am – 1:00 pm</td>
<td>Conference Room</td>
</tr>
<tr>
<td>Granite State College – Claremont</td>
<td>Friday, 10/13</td>
<td>10:00 am – 1:00 pm</td>
<td>Conference Room</td>
</tr>
<tr>
<td>University of New Hampshire – Manchester</td>
<td>Monday, 10/16</td>
<td>10:00 am – 3:00 pm</td>
<td>Multi-Purpose Room</td>
</tr>
<tr>
<td>Plymouth State University</td>
<td>Tuesday, 10/17</td>
<td>10:00 am – 5:00 pm</td>
<td>Hartman Union Building, Hage Room</td>
</tr>
<tr>
<td>University of New Hampshire – Durham</td>
<td>Tuesday, 10/17</td>
<td>8:00 am – 4:00 pm</td>
<td>MUB Granite State Room</td>
</tr>
<tr>
<td>Keene State College</td>
<td>Tuesday, 10/17</td>
<td>11:00 am – 4:00 pm</td>
<td>Young Student Center, Madison St Lounge</td>
</tr>
<tr>
<td>Plymouth State University</td>
<td>Wednesday, 10/18</td>
<td>7:00 am – 4:00 pm</td>
<td>Hartman Union Building, Hage Room</td>
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<tr>
<td>Plymouth State University</td>
<td>Thursday, 10/19</td>
<td>7:00 am – 3:00 pm</td>
<td>Hartman Union Building, Hage Room</td>
</tr>
<tr>
<td>University of New Hampshire School of Law – Concord</td>
<td>Monday, 10/23</td>
<td>10:30 am – 3:30 pm</td>
<td>2 White Street, IP Center</td>
</tr>
<tr>
<td>Granite State College – Concord</td>
<td>Tuesday, 10/24</td>
<td>11:00 am – 5:00 pm</td>
<td>Conference Room</td>
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<tr>
<td>University of New Hampshire – Durham</td>
<td>Wednesday, 10/25</td>
<td>8:00 am – 3:00 pm</td>
<td>MUB Room 334/336</td>
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<tr>
<td>System Office – Concord</td>
<td>Thursday, 10/26</td>
<td>9:00 am – 3:00 pm</td>
<td>Conference Room 313–315</td>
</tr>
<tr>
<td>Keene State College</td>
<td>Friday, 10/27</td>
<td>9:00 am – 2:00 pm</td>
<td>Young Student Center, Madison St Lounge</td>
</tr>
<tr>
<td>University of New Hampshire – Durham</td>
<td>Tuesday, 10/31</td>
<td>8:00 am – 4:00 pm</td>
<td>MUB Strafford Room</td>
</tr>
<tr>
<td>University of New Hampshire – Durham</td>
<td>To schedule an appointment at UNH Health &amp; Wellness, please visit <a href="https://www.unh.edu/health/employee">https://www.unh.edu/health/employee</a></td>
<td>UNH Health &amp; Wellness</td>
<td></td>
</tr>
</tbody>
</table>

* If you forgot what your login was from last year, try your work email as your login and 6-digit date of birth (i.e., mmddyy) as your password. If this does not work, try your personal email. If you continue to have difficulties, please call the Interactive Health member services department at **800.711.8656** for login assistance.
Cigna’s fun and easy online health assessment can provide you with valuable information about your health and lifestyle. You will answer questions about your medical history, including how you see your health status and whether you are ready to change certain habits. It takes about 15 minutes to complete the health assessment, and you instantly receive a personalized health profile. This profile offers a comprehensive picture of your health status, as well as helpful guidance to begin improving your health.

Individual health assessment results are not shared with USNH. There are no right or wrong answers, but taking your health assessment will tell you if you’re on the right track to good health and, if not, how to get there.
HOW TO TAKE THE HEALTH ASSESSMENT

Currently enrolled in USNH medical plan

There are two ways you can access the health assessment. You can download the myCigna<sup>SM</sup> App* or go to myCigna.com.

On myCigna.com:
› Log in or register
› Click on the “Manage My Health” tab
› Click “My Health Assessment”
› On the next page, click “Take My Health Assessment”

On the myCigna App:
› Log in or register
› From dashboard home, tap the “Incentives” quick link
› On the Incentives screen, tap on the “Goals” tab
› Find the health assessment incentive goal and tap on “Take Health Assessment”

Newly eligible or plan to enroll in the USNH medical plan

To create an account on myCigna.com follow the steps below.

› Go to my.Cigna.com/?token=3340028
› Scroll down and click “Register Now”
› Follow the direction to create a user ID and password and then click “option 2”
› Click “GET STARTED!” to take your health assessment

* The downloading and use of the myCigna App is subject to the terms and conditions of the App and the online store from which it is downloaded. Standard mobile phone carrier and data usage charges apply.
CIGNA AND YOU: GETTING TO KNOW EACH OTHER

A Cigna health advocate (coach) may give you a call to help manage your health.

When Cigna calls, the goal is to learn what’s important to you – whether it’s help for a chronic condition or making healthy choices. Your health advocate will tell you their name and why they’re calling, then help you determine the best way Cigna can assist you. If you decide you want to join the program, you can set up a one-on-one telephone coaching session at no cost to you.

If you have any questions for Cigna feel free to call them at 800.Cigna24 (800.244.6224).

NEXT STEPS

› Check the biometric screening schedule on page 3, find a date that works for you and register online.
› Attend a biometric screening to get your numbers.
› Using your numbers from the screening, complete the online health assessment by following the instructions under “HOW TO TAKE YOUR HEALTH ASSESSMENT” on page 5.
› Status-benefits eligible faculty and staff must complete the biometric screening and the online health assessment by October 31, 2017 to receive the 2018 USNH medical plan credit of up to $400.

KNOW YOUR DEADLINES – GET YOUR REWARD!

Complete both Step 1 and Step 2 by October 31, 2017 to receive up to $400 credit toward your 2018 USNH medical plan administered by Cigna.
PAVING THE WAY TO A HEALTHIER YOU

Additional programs to support your journey

USNH FITNESS FACILITY REIMBURSEMENT PROGRAM

Employees are eligible for the Fitness Facility Reimbursement Program if they participate in the USNH medical plan administered by Cigna.

The USNH Fitness Facility Reimbursement Program

» The program pays up to $500 per subscriber (individual) contract per plan year. The $500 is payable to a participating fitness facility by way of a contracted monthly membership rate.
» The program covers only the standard fitness facility membership. Additional fees for services such as tanning or childcare and other nonstandard services are the responsibility of the member.
» The benefit may be transferred to a spouse or eligible dependent.
» Only one member in each family can take advantage of this benefit at a time, and can only transfer this benefit one time per calendar year.
» Members can participate at any time during the plan year.
» Members must attend the selected fitness facility eight times per month.
» If the member fails to attend the fitness facility the required eight times in any given calendar month, the member is financially responsible to the fitness facility for that month’s membership fee.
The fitness facility is paid a monthly fee based on what they charge for a standard individual membership.  
The member will not be covered if they do not meet the requirements of the program or if the $500 limit is exceeded. In this situation, the fitness facility may charge the member for the monthly fee or any outstanding balance.

For a list of participating fitness facilities, visit http://www.usnh.edu/hr/2017_benefits.html

**CIGNA HEALTHY PREGNANCIES, HEALTHY BABIES®**

Enroll in this program designed to help you and your baby stay healthy during your pregnancy and in the days and weeks following your baby's birth.

Get rewarded by speaking with a maternity nurse, starting during your pregnancy and after your baby is born.

When you participate and complete the program you may be eligible to receive:*  
› **$150** incentive if you enroll by the end of your first trimester; or  
› **$75** incentive if you enroll by the end of your second trimester.

Call **800.615.2906** to enroll as soon as you know you are pregnant.

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* Incentive rewards may be considered taxable income. Please contact your tax advisor for details.
FREQUENTLY ASKED QUESTIONS

Here are answers to a few common questions about the USNH’s MyPath2Wellness program

1. **Who is eligible for a MyPath2Wellness credit incentive?**
   Status-benefits eligible faculty and staff who are currently enrolled or anticipate enrolling in the 2018 USNH medical plans are eligible for up to a $400 credit toward their 2018 USNH employee medical plan administered by Cigna.

2. **Why should I participate in the wellness program?**
   One of the shared goals of USNH and Cigna is to promote health and well-being, and create a healthier workplace for everyone. MyPath2Wellness includes support and resources that can benefit everyone, no matter where they are on their personal wellness journey. We encourage everyone to take these two easy steps – attend a biometric screening and take a health assessment – to learn more about their current health status and find ways to become healthier.

3. **How do I sign up for a biometric screening?**
   Just check the schedule on page 3 and sign up for a date and location that works for you at www.screeningreg.com. Login: `usnh`  Password: `healthy`

4. **How long does the biometric screening take?**
   Arrive five to ten minutes before your appointment time to fill out paperwork. **Please have your Cigna medical ID card available.** If you forget your ID card you can download it on `myCigna.com` or the myCigna App. The screening takes about 15 minutes.

5. **I am not able to participate in any of the campus biometric screening events; is there another option?**
   Yes, please contact your Campus Human Resources Office to request the “Physician Screening” form and for details regarding the process. Please note: You are responsible for sending your completed Physician Screening form back to Interactive Health on or before October 31, 2017.
6. **Where does my health assessment information go after I complete it?**

Health assessment information is compiled and stored at Cigna. They maintain the information and take measures to keep it secure as required by state and federal law. They only use and disclose your health assessment information as described in Cigna’s privacy policy. For more information visit [Cigna.com/privacyinformation](http://Cigna.com/privacyinformation)

7. **Does USNH receive any type of personal information as a result of the biometric screening and health assessment completed by employees?**

Your individual screening and health assessment results will not be shared with USNH. The information received is aggregate and is used to help plan future wellness initiatives.

8. **Am I required to participate in the MyPath2Wellness program?**

No. Your participation in the program is voluntary. You will need to participate to receive the reward.

9. **How will I get my 2018 USNH medical plan credit for participating in MyPath2Wellness?**

Your USNH medical plan credit of up to $400 for participating in MyPath2Wellness will be applied in equal amounts toward your 2018 USNH medical plan payments, and reflected as a wellness credit on your paystub.

10. **Who should I contact if I have questions about MyPath2Wellness?**

Please contact your campus Human Resources office with any questions.

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*Please note:* If there is any conflict between this brochure and the official plan documents, the plan documents will govern.