



June Explore & Learn

Wellness Dollars

Name _____

Employee ID _____

Relationship (Check ONE): _____ Employee _____ Spouse

Are you rich in Wellness? Take our assessment to find out. Bring this completed form to one of the Explore & Learn booths in June or [submit online](#) to receive credit. Everyone who completes the activity by 6/30/19 will earn 5 Premium Points on www.mycigna.com. Eligible employees will be entered into a raffle* for a prize!

Check each one that applies.

[Click HERE to submit online](#)

My wellness routine includes:	Check if yes
I bring my own lunch (or buy Choose Healthier meals) for work each day	<input type="checkbox"/>
I eat at least 5 servings of fruits and vegetables on 5 or more days per week	<input type="checkbox"/>
I exercise at least 20 minutes on 5 or more days per week	<input type="checkbox"/>
I limit sedentary behavior by not sitting for more than 2 hours at a time	<input type="checkbox"/>
I have a morning routine that energizes me	<input type="checkbox"/>
I sleep for at least 7 hours on most nights	<input type="checkbox"/>
I practice meditation or journaling	<input type="checkbox"/>
I have enough energy to do what I love	<input type="checkbox"/>
I am happy on most days	<input type="checkbox"/>
I am good at managing my money	<input type="checkbox"/>

Instructions: For every box checked give yourself \$10. Add up your total dollars.

My Wellness Dollars: \$_____

Think of Wellness Dollars as your energy. You can either make \$100 every day or lose \$100 every day. At the end of the day, do you feel energized or drained? If you are not spending your time and energy on things that make you feel well and energized, then you may be doing small things that are draining you. Think about your daily routines and try to find one behavior that is not promoting wellness in your life. How can you adjust this one behavior so that you feel more energized and connected?

Tell us one small thing that you are ready to change and how you plan to do it:
