



Guide to Activity Tracking for Premium Points

If you have an activity tracking device, such as a Fitbit, Garmin, etc., you can earn Premium Points for tracking your activity. This document describes 3 options for earning points through your activity tracking device:

1. Cigna Apps & Activities – Offered year-round
2. Harris Health Fitbit Group – Offered year-round
3. Fitbit Challenges – Offered periodically throughout the year

These are 3 separate activities. You can participate in all of them, simultaneously, to earn Premium Points. However, please note that registering and participating in one of the activities DOES NOT automatically register you for the other activities. (Exception: Registering in the Harris Health Fitbit group DOES automatically register you for the Fitbit challenges).

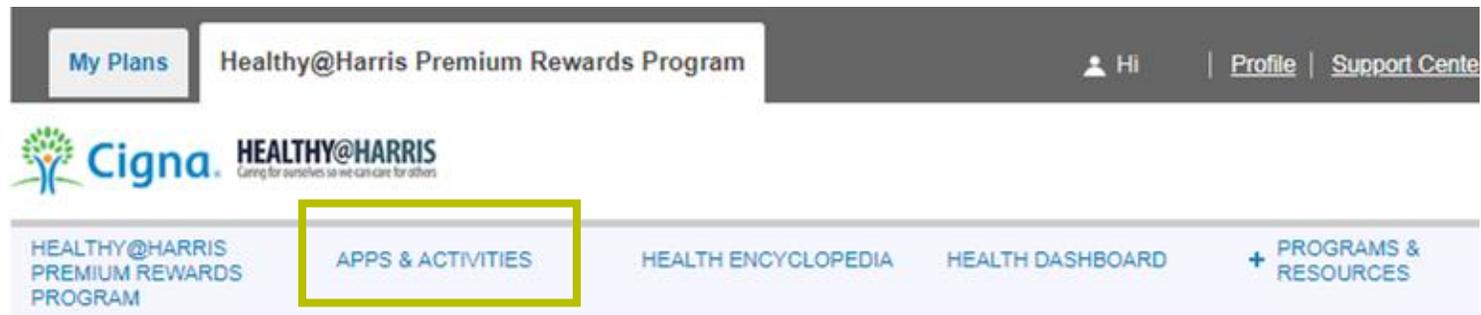
You are not required to participate in any of the following activities. There are many other activities available for employees and spouses to earn Premium Points. To view the full list of activities, [click here](#).

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Option 1 – Cigna Apps & Activities

Cigna Apps & Activities is an activity-tracking platform available at www.mycigna.com. To access Cigna Apps & Activities, log in to www.mycigna.com. Click on the “Healthy@Harris Premium Rewards Program” tab. Then click on the “Apps & Activities” link near the top of the page.



Home » Healthy@Harris Premium Rewards Program

Healthy@Harris Premium Rewards Program

This will take you to the Cigna Apps & Activities login page. Enter the same login information you use to access MyCigna.

The screenshot shows the login page for Cigna Apps & Activities 2.0. The page title is 'LOGIN TO APPS & ACTIVITIES 2.0 WITH MYCIGNA'. There are two input fields: 'USER ID' and 'PASSWORD'. Below the input fields is a blue 'LOGIN' button. At the bottom of the page, there are three links: 'FORGOT USER ID >', 'FORGOT PASSWORD >', and 'REGISTER NOW >'.

Description & Instructions to Access Program



Once you have logged in, you will see your Apps & Activities Dashboard. From here, you can choose the activities that you want to track.

Cigna Apps & Activities

Dashboard

Challenges

Metrics

Rewards

Find an activity

BASED ON YOUR FOCUS

- Eat more fruits and vegetables
Boost your nutrition with fresh produce
- Pack a healthy lunch
Make healthy lunch decisions easier
- Connect with friends and family
Boost mental health with friendship
- Meditate

Many of the available activities are self-reported activities. For self-reported activities, you must log in to Cigna Apps & Activities and manually track each activity each day.



If you want to connect your activity tracking device, make sure to choose an activity that is based on a metric that your device is tracking. For example, you can choose a step goal with the “Step It Up” activity. Choose a number of steps per day to be your goal. Use the “Frequency” drop-down menu to choose how often you want to complete this activity. Once you have finalized your goal, click the “Add Activity” button at the bottom.

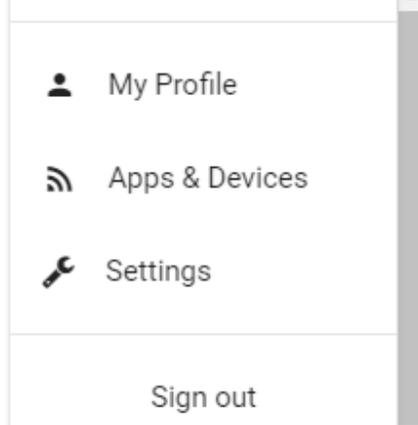
The screenshot shows the 'Apps & Activities' section of the Harris Health System interface. On the left is a navigation menu with icons for Dashboard, Challenges, Metrics, and Rewards. The main content area features a banner for the 'Step it up' activity, which includes an image of two women walking and the text 'FITNESS Step it up'. Below the banner, there is a description: 'Track your steps throughout the day with your favorite app. Staying on your feet and walking more are easy ways to strengthen your bones and muscles, while improving your mood.' The configuration section shows 'STEPS PER DAY' with a dropdown menu and five buttons: 5000 (selected), 7500, 10000, 12500, and an ellipsis button. Below that, 'FREQUENCY' is set to '4 DAYS PER WEEK' with a dropdown arrow. At the bottom right is a blue 'Add Activity' button.



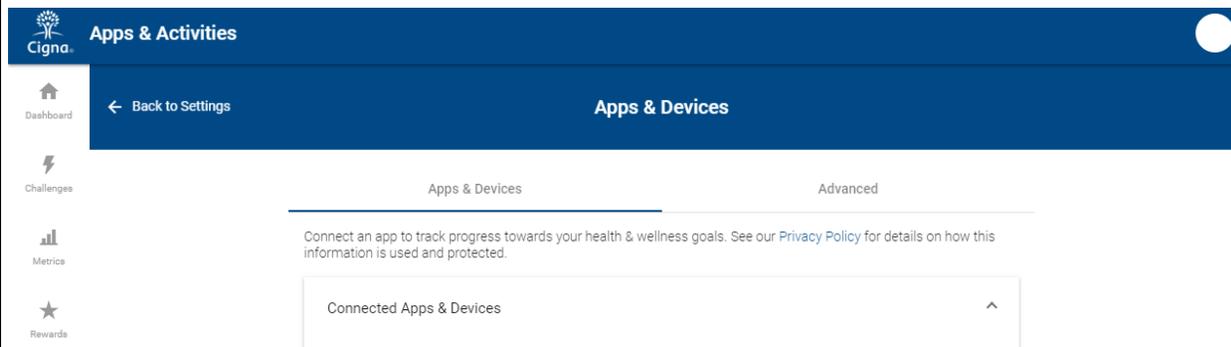
After you set up your activity goal, click on the white circle on the top right-side of the page. This will open a drop-down menu.



On the drop-down menu, click “Apps & Devices.”



The next page will list the available activity tracking devices/apps. Choose the device(s)/app(s) you would like to connect from this page.



Make sure the device(s)/app(s) you choose to connect are tracking the type of activity you have chosen in your goal.



Devices Accepted



Fitbit

Fitbit offers wearable devices to help you lead a healthier, more active life.



Garmin Connect

Garmin designs, manufactures and markets GPS navigation, communication and sonar products.



iHealth

iHealth designs innovative, mobile personal healthcare products for everyone.



MapMyFitness

Your workout, your device, anywhere, anytime.



MapMyHike

You may wander, but you'll never be lost.



MapMyRide

We're ready to ride, anytime, anywhere.



MapMyRun

You pound the pavement, we provide the motivation.



MapMyWalk

Find fitness at your own pace.



Misfit Wearables

Misfit is an elegant personal activity tracker that works with the Shine app.



Nokia

Nokia (formerly Withings) creates smart products and apps to take care of yourself and your loved ones.



Runkeeper

The Runkeeper app is a personal trainer in your pocket.



Under Armour Record

UA Record is the dashboard for your 24/7 activity, sleep, and workouts.

Manual tracking (by logging into Cigna Apps & Activities to log activity) is also accepted for Cigna Apps & Activities.

Premium Points Awarded

You must sync your device regularly for your activity to be tracked for this program. Progress in Cigna Apps & Activities is measured in stars. Your progress is tracked on a weekly basis (Monday-Sunday). You can earn up to 5 stars per week based on the activity you track. As each new week starts, your number of stars for that week returns to 0. For example:

Week 1: You complete 100% of your activity goals → You receive 5 stars.

Week 2: You complete 40% of your activity goals → You receive 2 stars.

After 2 weeks, your total is 7 Stars.



You can view the total number of stars you have earned by clicking on the “Rewards” icon on the left side of the page.

The screenshot shows the 'Apps & Activities' section of the Cigna portal. On the left is a navigation menu with icons for Dashboard, Challenges, Metrics, and Rewards. The main content area has three tabs: OVERVIEW, HISTORY, and HOW TO EARN. Under the OVERVIEW tab, it displays '0/1000 PTS' and 'Last updated 09/16'. A central graphic features a trophy surrounded by stars, with '0 of 20' stars earned. Below this, it states: 'You may be eligible for rewards when you reach 20 stars.' and 'Visit myCigna to check your progress or learn more.' A 'GO TO MYCIGNA' button is located at the bottom of the main content area.

Once your total number of stars reaches 20, you will be awarded 100 Premium Points on MyCigna. The Premium Points will show up on your MyCigna Premium Rewards Program Goals page. To access this page, please take the following steps:

1. Log in to www.mycigna.com.
2. Click on “View My Incentives” on the right side of the homepage
3. Click “Goals”



On the goals page, scroll down to “Get connected! Have fun and earn rewards on Apps and Activities (12 per year)” to view your Premium Points earned for this goal.



1,200
(100 EACH)
POINTS

Get connected! Have fun and earn rewards on Apps and Activities (12 per year)

Available: 09/01/2017 - 08/31/2018

Explore the top health devices and apps to help you stay motivated and challenge yourself. Earn stars for tracking your steps, weight, nutrition, sleep, glucose and blood pressure. Device integration available. Earn 20 Cigna stars and earn 100 Premium Points.

Availability & Frequency

You can complete this goal up to 12 times per program year. Remember, the 100 Premium Points are awarded each time you reach a total of 20 Stars on Cigna Apps & Activities. Each time you reach 20 Stars, Cigna Apps & Activities will reset your total back to 0 Stars so you can start tracking your activities and earning stars again.

Cigna Apps & Activities is available for you to participate in all year long. There is no set start or end date for this program.

Help

If you need help with Cigna Apps and Activities, please contact Cigna customer service at 1-800-853-2713.

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Option 2 – Harris Health Fitbit Group

Description & Instructions to Access Program

The Harris Health Fitbit Group is accessible through your Fitbit account. Your Fitbit Account can be accessed through the Fitbit App on your smartphone or through the Fitbit website on your computer.

To participate in this program, you **MUST** have a Fitbit activity tracking device and a Fitbit account.

All Harris Health employees are eligible to receive a discount and subsidy towards the purchase of one (1) Fitbit device. Spouses who are enrolled in the Harris Health Medical Plan are also eligible to receive a discount and subsidy. [Click here to visit the Harris Health Fitbit Marketplace.](#)

To get started, enter your Employee ID plus HHS as the unique promo code below to access the store. For example: 123456HHS. For spouses enrolled in the Harris Health Medical Plan, please use the Employee's ID, plus SP, followed by HHS. For example, 123456SPHHS.

[View the flyer here](#)

[View a guide for choosing your Fitbit tracker](#)

If you already own a Fitbit, [click here to sign up to join the Harris Health Fitbit group](#). You must sign up using the e-mail address associated with your Fitbit account (the e-mail address you use to log in to your Fitbit account). Once you submit your online form, please allow up to 1 week to receive an e-mail from Fitbit inviting you to join the Harris Health Fitbit group. You must use the link in the invitation email you receive to register for the Harris Health Fitbit group.



The e-mail will look like this:

fitbit. | HEALTH SOLUTIONS

HEALTHY@HARRIS
Caring for ourselves so we can care for others

You're invited to take part in Harris Health System!

HELP YOUR COMMUNITY ACHIEVE ITS GOALS

CELEBRATE PROGRESS AND STAY MOTIVATED

CHALLENGE YOURSELF TO GET MORE ACTIVE

GET STARTED NOW!

SPOUSES: When filling out the registration form, please use the employee ID of the employee with whom you are associated, plus the letters "SP" at the end. For example, 123456SP.

Click on the “Get Started Now!” button to register to join the Harris Health Fitbit Group. This will open a Fitbit login page. Use your Fitbit login information (e-mail and password) to log in, then fill out the form that pops up to join the Harris Health Fitbit Group. You will be asked to enter your 1) First Name, 2) Last Name, 3) Employee ID, and 4) to choose whether you are an Employee or a Spouse.



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| | <p>For the First Name and Last Name fields, please enter your name exactly how it appears in Peoplesoft. For example, if you go by “Joe” but your first name is listed in Peoplesoft as “Joseph,” you would need to enter “Joseph” in the First Name field.</p> <p>NOTE TO SPOUSES: When you are filling out this form, please add the letters “SP” after the employee ID. For example, 123456SP.</p> <p>After you submit this form, you will be registered with the Harris Health Fitbit Group.</p> |
| <p>Devices Accepted</p> | <p>You can use any Fitbit activity-tracking device to participate in the Harris Health Fitbit Group.</p> <p>Manual activity tracking is NOT accepted for the Harris Health Fitbit Group.</p> |
| <p>Premium Points Awarded</p> | <p>You must sync your device regularly for your activity to be tracked for this program. You can earn 20 Premium Points on www.mycigna.com for each day that you track 10,000 steps or more on your Fitbit. You can only earn Premium Points after you are registered with the Harris Health Fitbit Group.</p> <p>For example, if you tracked 10,000 steps on September 3rd, but did not join the Harris Health Fitbit Group until September 10th, then you cannot receive Premium Points for the activity that was tracked on September 3rd.</p> <p>Please allow up to 4 weeks for your Premium Points for this activity to be awarded on MyCigna. The points will be awarded based on the dates that you tracked 10,000 steps or more on your Fitbit. For example, if you track 10,000 steps on September 17th, the 20 Premium Points may not show up in your MyCigna account until October 10th. However, the goal activity will be dated September 17th.</p> <p>To view your Premium Points for this goal, please take the following steps:</p> <ol style="list-style-type: none"> 1. Log in to www.mycigna.com. 2. Click on “View My Incentives” on the right side of the homepage 3. Click “Goals” |



On the goals page, scroll down to “Achieve 10,000 steps in a day (260 per year)” to view your Premium Points earned for this goal.



5,200
(20 EACH) POINTS

Achieve 10,000 steps in a day via Fitbit (260 per year)

Available: 09/01/2020 - 08/31/2021

Achieve ≥10,000 steps a day with your Fitbit and earn 20 Premium Points.

The U.S. Department of Health and Human Services recommends that all healthy adults get at least 150 minutes a week of moderate aerobic activity, or 75 minutes a week of vigorous aerobic activity. A wearable device, such as a Fitbit, that tracks the steps you take each day allows you to monitor your activity level. In general, walking 10,000 steps a day is the equivalent of about 150 minutes of activity a week. There are numerous health benefits of achieving 10,000 steps per day.

Please note you can only receive credit for achieving 10,000 or more steps per day.

Availability & Frequency

You can complete this goal up to 260 times per program year. If you track 10,000 steps or more on your Fitbit device for more than 260 days, you will not receive Premium Points for the additional days over 260.

The Harris Health Fitbit Group is available for you to participate in all year long. You can register and begin participating at any time.



Help

For assistance with the Harris Health Fitbit Group, you have the following options:

Fitbit Customer Support

- Email: cwsupport@fitbit.com
- Phone: 844-5-FITBIT (844-534-8248)
- Online: <http://help.fitbit.com/cwsupport>

When to contact Fitbit Customer support:

- Difficulty with ordering (exchanges/returns)
- Device troubleshooting/syncing issues
- Questions about website functionality/features

For other types of assistance, please contact Harris Health Employee Wellness:

- Email: employeewellness@harrishealth.org
- Phone: 346-426-1597

Option 3 – Fitbit Challenges

Description & Instructions to Access Program

Fitbit challenges are step challenges that are held throughout the year. The challenges are usually 4-8 weeks long.

Fitbit Challenges will be announced a few weeks before each challenge starts. Please note, each Fitbit challenge has a different name and a different participation requirement. The challenge information will be posted in our monthly Healthy@Harris email newsletter and on our “This Week in Wellness” page. You can quickly access both of these communications by visiting our website: www.harrishealth.org/employee-wellness. There are links to both communications on our website homepage.

To participate in Fitbit challenges, you must be registered with the Harris Health Fitbit Group. Once you are registered with the Harris Health Fitbit Group, you will automatically be enrolled in any challenges offered through the Fitbit group.



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|-------------------------------|--|
| | <p>For instructions on how to join the Harris Health Fitbit group, please read the description for Option 2 – Harris Health Fitbit Group, which is included in this document.</p> <p>Please note, your steps will be tracked in the challenge starting with the day that you joined the Harris Health Fitbit Group. For example, if the challenge started on November 19, but did not join the Harris Health Fitbit Group until November 25, then your steps for days prior to November 25 would not be recorded as part of the challenge.</p> |
| Devices Accepted | <p>You can use any Fitbit activity-tracking device to participate in Fitbit challenges.</p> <p>Manual activity tracking is NOT accepted for Fitbit challenges.</p> |
| Premium Points Awarded | <p>You must sync your device regularly for your activity to be tracked for this program. Participants earn 50 Premium Points for each Fitbit Challenge they complete. Please allow up to 4 weeks from the date that each challenge ends for the Premium Points to be awarded in MyCigna.</p> <p>Remember, the requirements for completion will differ depending on the Fitbit challenge. Please read the requirements for each challenge carefully when you register for the challenge. You MUST meet the completion requirements for each challenge to receive the 50 Premium Points for that challenge.</p> <p>To view your Premium Points for this goal, please take the following steps:</p> <ol style="list-style-type: none">1. Log in to www.mycigna.com.2. Click on “View My Incentives” on the right side of the homepage3. Click “Goals” <p>On the goals page, scroll down to “Complete an Online Wellness Challenge (7 per year)” to view your Premium Points earned for this goal.</p> |



350
(50 EACH) POINTS

Complete an online wellness challenge (7 per year)

Available: 09/01/2020 - 08/31/2021

Online wellness challenges are offered throughout the year to encourage healthy living, comradery and friendly competition. Each challenge focuses on a different element of wellness, including fitness, healthy eating, and stress management. Challenges can be individual and/or team based.

Complete an online wellness challenge and earn 50 Premium Points.

You will be awarded 50 Premium Points for each Fitbit Challenge that you successfully complete, based on the requirements for that challenge. You can earn 50 Premium Points for completing up to 7 Fitbit Challenges.

Availability & Frequency

You can complete this goal up to 260 times per program year. If you track 10,000 steps or more on your Fitbit device for more than 260 days, you will not receive Premium Points for the additional days over 260.

The Harris Health Fitbit Group is available for you to participate in all year long. You can register and begin participating at any time.

Help

For assistance with the Harris Health Fitbit Group, you have the following options:

Fitbit Customer Support

- Email: cwsupport@fitbit.com
- Phone: 844-5-FITBIT (844-534-8248)
- Online: <http://help.fitbit.com/cwsupport>

When to contact Fitbit Customer support:

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