

Wellness Incentives

All employees can earn up to \$750 and all spouses can earn up to \$250 for completing the activities listed below. Medical enrollment is not required to participate.

Goal Name	Description	Employee	Spouse
Biometric Screening	Complete a biometric screening through Quest or at a physician's office.	\$100	\$25
Health Risk Assessment	Complete a health risk assessment at myCigna.com .	\$100	\$25
Achieve Health Goals Alternatives built in: <ul style="list-style-type: none"> • Work with a coach to achieve a health goal • Complete an online coaching program • Work with physician on alternative waiver 	Achieve a healthy Body Mass Index (BMI) of less than 30 OR improve weight by 5%.	\$50	\$25
	Achieve a healthy blood pressure of less than or equal to 139/89 OR improve blood pressure to a healthy level. <ul style="list-style-type: none"> • If Systolic \geq 160 and Diastolic \geq 100 Improve Systolic to \leq 159 and Diastolic to \leq 99 • If Systolic 140-159 and Diastolic 90-99 Improve Systolic to \leq 139 and Diastolic to \leq 89 	\$50	\$25
	Achieve a healthy total cholesterol level of less than or equal to 200 mg/dl.	\$50	\$25
	Achieve a Fasting Blood Sugar level less than 100 mg/dl OR Non-Fasting Blood Sugar level less than 140 mg/dl.	\$50	\$25
Preventive Care (Claim verified if enrolled in Cigna or self-reported if not enrolled in Cigna)	Complete an annual physical (preventive exam).	\$200	\$100
	Get a colon cancer screening (preventive exam).	\$200	\$100
	Get an annual OB/GYN exam (preventive exam).	\$150	\$75
	Get a cervical cancer screening (preventive exam).	\$150	\$75
	Get a mammogram (preventive exam).	\$150	\$75
Self-Reported Goals	Get a prostate cancer screening.	\$150	\$75
	Complete a dental exam.	\$200	\$100
	Complete a vision exam.	\$150	\$75
	Enroll in Omada Health Program (Cigna enrolled members).	\$50	\$25
	Receive a COVID-19 vaccine.	\$50	\$50
	I am up-to-date on my COVID vaccinations.* (See below for details.)	\$50	\$50
	Received my annual flu vaccine.	\$50	\$50
	Emotional Wellness: Complete any free emotional wellness webinar through Cigna or Torchlight or engage with EAP.	\$100	\$50
	Financial Wellness: Complete any free financial webinar through Schwab.	\$100	\$50
	Complete a Colonial Pipeline wellness challenge.	\$50	\$25
	Complete a community service event.	\$50	\$25
Cigna Health Coaching by Phone (Cigna enrolled members) Note: May also qualify as an alternative to outcome goal.	Achieve a health goal to overcome a chronic condition (e.g., diabetes, COPD, asthma, depression). You can also earn an additional \$500 paid through Colonial Pipeline, if you qualify.	\$75	\$50
	Get help improving my lifestyle habits with Weight (LMP) – call 1-866-417-7848.	\$75	\$50
	Get help improving my lifestyle habits with Stress (LMP) – call 1-866-417-7848.	\$75	\$50

*You are **up to date** with your COVID-19 vaccines if you have completed a COVID-19 vaccine primary series and received the most recent booster dose recommended for you by CDC. Updated boosters, also known as “bivalent” boosters, protect against the most recent Omicron subvariants and the original strain.

Weight Watchers

Cigna

The Science Behind The Success

What makes the Weight Watchers program so successful is the science behind the program. With dozens of clinical studies to their name, their focus is on food consciousness, real results and changing people's relationship with food for good! There are four pillars that are the basis of the program's success:

To Register or For
More Information

weightwatchers.com



Food

Making smart decisions
about what we eat



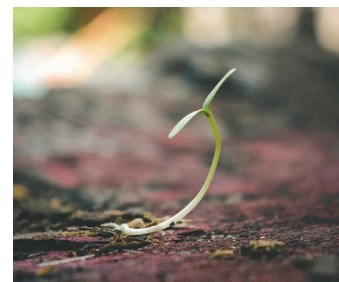
Support

Leaning on others for
encouragement,
knowledge and support



Activity

Moving in ways that
support healthy physical,
mental and overall well-
being



Behavior Change

Consistently making small
changes that lead to a big
difference



Keeping Colonial Employees On Track

Weight Watchers' Essentials tool provides you with a proven weight loss plan that is entirely online, including 24/7 Expert Chat. You can seamlessly sync with many fitness devices. With these amazing digital tools, you can follow the plan anytime, anywhere – at your own pace.

Not only does Weight Watchers sync with your fitness devices, but the app for your smartphone has so many helpful tools! The Recipe Builder lets you enter ingredients and create and tweak recipes for healthy meals. The Bar Code Scanner takes away the stress of grocery shopping – scan bar codes of your favorite foods and get PointsPlus values immediately! Wish you knew exactly what to pick off the menu eating at your favorite restaurant? The Cheat Sheet helps you make the best choices so you can still enjoy eating out.