

IT'S WORTH IT TO TAKE CARE.



For you and your wallet.

Littleton Public Schools offers additional ways for you to earn points for prizes in 2021-22 with the activities below:

- **Complete the online Health Assessment first on myCigna.com: 50 points**
- Get a biometrics screening: **50 points**
- My Health Assistant online health coaching: **60 points**
- Complete telephonic Lifestyle Management coaching: **75 points**
- Healthy Pregnancies, Healthy Babies Program: **up to 75 points**
- Apps & Activities: **60 points**
- Get your annual dental exam (preventive): **50 points**
- Self-reported activities (see myCigna for more information): **20 points each, up to 100**
- Preventive care (annual physical or OB/GYN exam, cancer screenings and flu shot): **50 points each, up to 150**



**For a complete list of eligible services and facilities, log into myCigna.com or call 1-800-CIGNA24*

Each quarter, there will be a drawings for great prizes based on the number of points earned.

Program deadline is **April 30, 2022**. Don't miss out on your opportunity to earn rewards and get healthy!