



## CIGNA TAKE CONTROL REWARDS<sup>SM</sup>

Your March Update.

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## KEEP EARNING POINTS— IT'S EASY!

We're committed to helping you stay healthy and the Cigna Take Control Rewards<sup>SM</sup> program is designed to make it easy for you. Learn where to go for care, how to get the most out of your health plan, and complete other simple activities to earn points right away.

Starting in April, we'll have **new health and wellness information** that you can use to earn more points.




## Staying healthy can be rewarding!

Remember you can check your progress anytime using the dashboard meter.

**EARN NOW** ›

## SO MANY REWARDS\*

These are just a few of the many rewards you can find in the Cigna Take Control Rewards<sup>SM</sup> Marketplace.

|  |  |   |
|--|--|---|
|  |  |  |
| Sony® Stereo Headphones<br><b>254 Points</b>                                       | Eco Vessel Boulder TriMax® Water Bottle<br><b>484 Points</b>                       | LIFELINE FITNESS® Pro Yoga Kit<br><b>1561 Points</b>                                |

**REDEEM NOW** ›



# CROCK POT SWEET POTATO CHIPOTLE CHILI

Try this delicious recipe—a perfect combination of healthy ingredients and comfort food. Sweet potatoes are packed with anti-inflammatory nutrients, ideal for those who suffer with arthritis or asthma.

[VIEW RECIPE >](#)

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**Together, all the way.®**

\* Actual item may vary from picture shown. All rewards may be considered taxable income. Contact your personal tax advisor for details. Program participation along with redeeming rewards is dependent on qualifying premiums being current and fully paid.

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