2025-2026 Strive To Thrive

November 12th to April 30th ✨ ***Register by November 10th!***

Program Guide and FAQ

The 2025-2026 Strive To Thrive program is available to active employees and/or spouses enrolled in any of the District-sponsored Cigna medical plans for the October 1st, 2025 plan year. All participants will receive access to health tips and healthy lifestyle education, individual and group coaching resources, and be eligible to receive a $150 program completion reward* and the chance to win a Grand Prize Yeti Tundra 35 Cooler**! Strive To Thrive is brought to you by **NMUSD *Wellness for Life*** and Cigna HealthCare.

** Activity requirements must be met as outlined in this Program Guide by the stated deadline in order to be eligible to receive the $150 program completion reward. No deadline exceptions will be made.*

*** All participants who meet the requirements and complete the program by the deadline will be entered to win a Strive To Thrive Grand Prize! In the event that the listed prize is unavailable from the vendor at time of purchase, a prize equivalent of similar value will be offered.*

GETTING STARTED

Step 1: Read through this *Program Guide and FAQ* document for a full understanding of the program requirements, how to participate, and how to earn the $150 program completion reward.

Step 2: *Complete the program registration* by November 10th, 2025. Every participant is required to read the *Program Guide and FAQ* and complete their own registration.

PROGRAM REQUIREMENTS AND DETAILS ON FOLLOWING PAGES

PROGRAM REQUIREMENTS

In order to earn the $150 program reward, you must choose ONE of the three available pathways and complete its requirements between November 12th, 2025 and April 30th, 2026. More details on pages 2-6.

In-depth information the three **Pathways** is provided on this page and the following pages. A checklist has been provided at the end of this document to help you stay on track through the program period and make sure you complete all the program requirements to earn the $150 reward.

COMPLETE *ONE* OF THESE THREE PATHWAYS

Pathway 1: Cigna Telephonic Coaching (one-on-one) See this page

Pathway 2: myCigna Health Assistant Modules See Page 4

Pathway 3: Health Education Webinars & Questionnaires See Page 5

Pathway 1:
Cigna Telephonic Coaching

- Coaching Call #1 ☐
- Coaching Call #2 ☐
- Coaching Call #3 ☐
- Coaching Call #4 ☐
- Coaching Call #5 ☐
- Coaching Call #6 ☐

Pathway 1: Cigna Telephonic Coaching (one-on-one)

For Pathway 1 you are required to complete at least six telephonic coaching sessions with a Cigna Health Coach between November 12th, 2025 and April 30th, 2026. Coaches often require at least two weeks between calls so we advise that you get started sooner than later. Otherwise, these calls can be spaced out however you'd like throughout the program period, as long as you complete all six. When you make your first call, be prepared to discuss your health and wellness goals, as this will be the focus for your calls throughout the program. Cigna Health Coaches will guide you with education on healthy behaviors, as well as provide you with access to additional tools to help support you on your wellness journey. You may discuss your At-Home Assessments along the way, but please be advised that your coach will not have direct access to your assessment results. Get started by calling ***855.246.1873***. You may have your first call on the spot, or they may schedule the first outreach for a near future date. At the end each of your calls, you will have the opportunity to schedule your next call. Cigna Customer Service is available 24/7 and nurses, clinicians, and certified health educators are available Monday-Friday 9:00 am-9:00 pm and on Saturdays 9:00am-2:00pm

ADDITIONAL PATHWAY DETAILS ON FOLLOWING PAGES

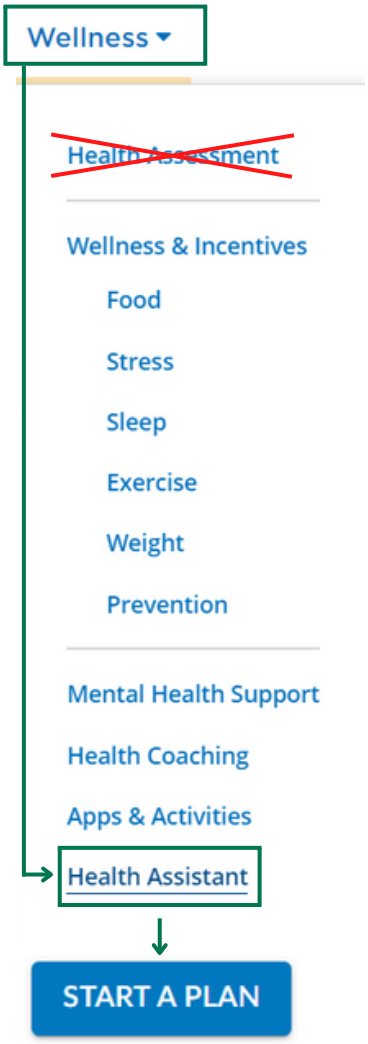
Pathway 2:
myCigna Health Assistant

- Asthma ☐
- Balance Your Diet ☐
- CAD ☐
- COPD ☐
- Cope With the Blues ☐
- Diabetes ☐
- Enjoy Exercise ☐
- Heart Failure ☐
- Keep Stress In Check ☐
- Lose Weight ☐
- Quit Tobacco ☐

Pathway 2: myCigna Health Assistant Plans

For Pathway 2 you are required to start and finish any FOUR of the Health Assistant plans available on myCigna.com between November 12th, 2025 and April 30th, 2026.

To access these modules, log into your myCigna.com account, hover over "Wellness", and select "Health Assistant" (NOT "Health Assessment"). You will be redirected to a new page showing a "START A PLAN" button.



Note 1: If you have previously visited this page you may need to clear out old plans before you can start any anew.

Click START A PLAN and you will see all 11 available plans. You will find some plans more applicable than others, as some are designed to help manage a specific condition. You may choose any four of the plans available and complete them within the program period. Each plan has a different duration, ranging from 28 days up to 12 weeks. You may complete up to three plans of your choice simultaneously if you would like, as long as you start them after November 12th, 2025 and finish them by April 30th, 2026.

Note 2: You are encouraged to check into your plans daily in order to keep them active. While you can back-log a short ways, most plans will go inactive after a few days of inactivity and require you to restart.

ADDITIONAL PATHWAY DETAILS ON FOLLOWING PAGES

Pathway 3:
Wellness Webinars & Questionnaires

- Webinar & Questionnaire #1 ☐
- Webinar & Questionnaire #2 ☐
- Webinar & Questionnaire #3 ☐
- Webinar & Questionnaire #4 ☐
- Webinar & Questionnaire #5 ☐
- Webinar & Questionnaire #6 ☐

Pathway 3: Wellness Webinars & Questionnaires

For Pathway 3 you are required to watch all six Wellness Webinars - live or recorded - and complete each of the associated questionnaires between November 12th, 2025 and April 30th, 2026. These webinars are pre-scheduled on Wednesday evenings at 5PM and have pre-determined topics (see below). The material will be general health information, such as nutrition, physical activity, and lifestyle guidelines. If you are interested in individualized guidance, *Pathway 1 - Cigna Telephonic Coaching* or *Pathway 2 - myCigna Health Assistant* may be a better fit for you. Webinars will include approximately 30 minutes of presented material and 30 minutes for Q&A. All webinars will be recorded to accommodate participants who are unable to attend the live session; these recordings will be posted on the ***Employee Wellness Web Page*** > ***CIGNA WELLNESS > 2025-2026 Strive To Thrive*** the day after the live session.

Webinar & Questionnaire #1 - Resilience Rewired
Wednesday, November 12th at 5:00PM | *Live Webinar Canceled, Recording Available Soon* | ***Questionnaire***

Webinar & Questionnaire #2 - Boundaries and Burnout
Wednesday, December 10th at 5:00PM | ***Live Webinar*** | ***Questionnaire***

Webinar & Questionnaire #3 - The Regulated Mind
Wednesday, January 14th at 5:00PM | ***Live Webinar*** | ***Questionnaire***

Webinar & Questionnaire #4 - Recharge Rituals
Wednesday, February 11th at 5:00PM | ***Live Webinar*** | ***Questionnaire***

Webinar & Questionnaire #5 - Heart-Centered Leadership
Wednesday, March 11th at 5:00PM | ***Live Webinar*** | ***Questionnaire***

Webinar & Questionnaire #6 - Community and Longevity
Wednesday, April 8th at 5:00PM | ***Live Webinar*** | ***Questionnaire***

Note: All webinars will be recorded and posted on the Employee Wellness Web Page > CIGNA WELLNESS > 2025-2026 Strive To Thrive the day after the live session.

ADDITIONAL PROGRAM INFORMATION

Multiple Pathways

You are not limited to pursuing only one Pathway in the Strive To Thrive. While you only need to complete one Pathway , you are welcome to utilize and engage with all the different Pathway resources throughout the program. Remember to pay attention to important dates, deadlines, and milestones for your particular chosen pathway. This will help you not only stay on track, but also to ensure you meet the requirements to earn the program reward.

Participant Eligibility

Only NMUSD employees and/or their spouses enrolled in a District-sponsored Cigna medical plan for the duration of the program period - November 12th through April 30th - are eligible to participate. Employees *not* enrolled in Cigna medical through NMUSD are not eligible to participate. Spouses *not* enrolled in Cigna medical through NMUSD are not eligible to participate. Children and other dependents are not eligible to participate.

Participant Responsibility

Participants are only responsible for completing the program/Pathway requirements, and do not need to track or report back the completion of their activities. **NMUSD *Wellness for Life*** will track necessary attendance and completions, and receive any additional reporting from Cigna and Providence to determine program completions. As a participant, you do not need to report which pathway you are pursuing; simply complete the requirements to earn program completion credit. All reports for each Pathway will be pulled upon the end of the program, after April 30th. You are welcome to contact wellness@nmusd.us at any time for assistance checking your completion progress.

$150 Program Rewards

In order to earn the $150 program completion reward, participants must complete the program requirements listed in the previous pages, within the program period of November 12th, 2025 to April 30th, 2026. Each participant will be eligible for *one* $150 reward for completing the program. Completion of multiple Pathways will *not* result in multiple rewards. All participants who complete the program requirements and earn the $150 reward will receive a "REWARD CONFIRMED" confirmation to the email with which they registered. From that confirmation email they will claim their reward and provide their preferred email address. All participants must claim their reward and provide their email address to receive their reward. Rewards will be selected by the participant from an e-gift card catalog and fulfilled via our e-gift card partner, Tango Card.

Grand Prizes!

All participants who complete the program requirements will be entered into the grand prize raffle to win a Yeti Tundra 35 cooler Grand Prize! Eligibility is limited to participants who complete the program requirements and earn the $150 program reward. In the event that the listed prize is unavailable from the vendor at time of purchase, a prize equivalent of similar value will be offered.

PROGRAM REQUIREMENTS CHECKLIST ☑

In order to earn the $150 program reward, you must complete the below requirement between November 12th, 2025 and April 30th, 2026:

☑ **REQUIREMENT:** Choose ONE of the three available Pathways and complete its requirements

Note: You may print and use this checklist at your convenience. It is not intended to be a comprehensive guide of how to complete the below requirements. Please refer to the Program Guide & FAQ for specific instructions.

REQUIREMENT: Complete the requirements of ONE Pathway

Pathway 1 - Cigna Telephonic Coaching

- ☐ Coaching Call #1
- ☐ Coaching Call #2
- ☐ Coaching Call #3
- ☐ Coaching Call #4
- ☐ Coaching Call #5
- ☐ Coaching Call #6

☐ ***ALL*** **CALLS COMPLETED!**

OR

Pathway 2 - myCigna Health Assistant plans

- ☐ Asthma
- ☐ Balance Your Diet
- ☐ CAD
- ☐ COPD
- ☐ Cope With the Blues
- ☐ Diabetes
- ☐ Enjoy Exercise
- ☐ Heart Failure
- ☐ Keep Stress In Check
- ☐ Lose Weight
- ☐ Quit Tobacco

☐ ***FOUR*** **PLANS COMPLETED!**

OR

Pathway 3 - Wellness Webinars & Questionnaires

- ☐ Webinar & Questionnaire #1
- ☐ Webinar & Questionnaire #2
- ☐ Webinar & Questionnaire #3
- ☐ Webinar & Questionnaire #4
- ☐ Webinar & Questionnaire #5
- ☐ Webinar & Questionnaire #6

☐ ***ALL*** **WEBINARS COMPLETED!**