



RDC Well-being Challenge



“Win Gift Card Prizes!”

Incorporate mycigna.com or mobile app in your daily life!
Take the Health Assessment!

All participants must:

- Register for Mycigna.com – Register to mycigna.com or the mobile app to be entered to win prizes in September 2021.
- First step is to register for mycigna.com! If you have already done this, you are on a roll and ready to participate.
 - For first time users, have your ID card handy to register.
 - Download the mobile app and have access to tools on the go. Get the myCigna Mobile App from the App StoreSM or Google Play.
- Health Assessment –Take the online health assessment in October 2021. Log in to myCigna.com. Click on take your health assessment to get started. It is an easy-to-use questionnaire about your health and well-being.
- You or any family members that have the fund’s health insurance are eligible to enter the challenge.
- One winner per household and one submission per household.
- Contest will begin September 1st and end October 31st.
- Prizes will be awarded at the end of each monthly challenge.
- Click on the QR code to begin your registration.

