

# Quarterly Wellness Bingo FAQ

**1) Who is eligible to participate in Bingo?**

- a) Any Rutherford County Employee
- b) Spouses on the Cigna Medical Plan

**2) If there are two identical squares, should I check off both when I do the same activity?**

- a) No, each square is to be completed separately. Ex. If you see three different squares saying “Participate in a webinar” you will mark off one square per webinar that you attend.

**3) How do I submit my bingo card?**

- a) Bingo cards are to be submitted to Emily Lambert at [emily.lambert@cignahealthcare.com](mailto:emily.lambert@cignahealthcare.com) on the week following the end of the quarter. Ex. cards for Q1 are to be submitted the week of April 1<sup>st</sup>. If you black out your card before then, you can send it sooner.

**4) Can I black out my card?**

- a) Yes! The more squares you complete, the better!

**5) What do I get if I get a bingo?**

- a) For each bingo that you complete on the card, your name will be entered into a raffle to win a wellness prize! Ex. If you complete bingo three times, your name will be entered three times.

**6) Do I need to submit any proof of completed activities?**

- a) No proof is needed for completed activities.

**7) How do I schedule my preventive care activities?**

- a) Visit Mycigna.com to find a provider or to utilize MDLIVE virtual care.

**8) How do I find event information for webinars and other wellness program events?**

- a) The monthly newsletter from [wellness@rutherfordcountyttn.gov](mailto:wellness@rutherfordcountyttn.gov) contains all the upcoming wellness event information.
- b) You can visit [rutherfordcountyttn.gov/wellnessnews](http://rutherfordcountyttn.gov/wellnessnews) for additional event/registration details.

**9) I want to receive more frequent wellness updates.**

- a) Email [emily.lambert@cignahealthcare.com](mailto:emily.lambert@cignahealthcare.com) to sign up for the Weekly Wellness Updates email list!
- b) Or sign up here! [Weekly Wellness Email List Sign Up](#)