

# Be Healthy. Get Rewarded.

Earn \$300 between January 1 and December 31, 2025. Here's how:

## You have two options to earn \$300 in rewards!

### GET A PREVENTIVE EXAM OR CANCER SCREENING

#### Qualifying exams and screenings:

- Preventive exam
- OB/GYN exam
- Cervical cancer screening (Pap or HPV test)
- Colon cancer screening (may include prescribed at-home testing)
- Mammogram
- Prostate screening
- Skin cancer screening

- Make an appointment with your doctor for your exam or screening. Virtual exams may also qualify.
- If you're enrolled in a Cigna medical plan option, you will automatically qualify for your \$300 reward when your claim is processed.
- If you're enrolled in a Kaiser or HMSA medical option through Disney, download and print the Preventive Exam Form and take it to your doctor's appointment. You can find it at [Disney.Cigna.com](https://www.Disney.Cigna.com). Once it is submitted to Cigna, you will qualify for your \$300 reward.

### COMPLETE MINDFULNESS SESSIONS THROUGH HEADSPACE

- Earn \$300 in rewards by completing five Headspace sessions online or via the mobile app.
- Go to [headspace.com/disney-enroll](https://www.headspace.com/disney-enroll) and select the option that best describes you.
  - For employees and Cast Members, follow the prompts to create a new account utilizing your Disney PERNR ID.
  - For spouses/partners, the employee or Cast Member will need to invite you to register for Headspace. See the link above for more information.
- Once your credentials are created, download the mobile app to get started. You'll have free access to the entire Headspace library, including hundreds of exercises for sleep, focus and movement.
- Once you complete 5 sessions, you will be prompted to complete an online form to receive your reward.

### Rewards highlights

#### Who's eligible:

Full-time, U.S.-based Disney Employees and Cast Members plus their spouses/domestic partners who are enrolled in a 2025 Disney medical plan option.

#### Earning rewards:

Employees and Cast Members can earn \$300 by getting a preventive exam or screening, or by completing 5 sessions with Headspace. Spouses or partners can also earn \$300 for a total of \$600.

#### How rewards are paid:

Your 2025 wellness rewards will be deposited into your health savings account (HSA) or health reimbursement account (HRA) within four to six weeks after they are earned.<sup>1</sup>

### Stay connected



**Track progress** – You can track rewards you've earned on [myCigna.com](https://www.myCigna.com) or via the [myCigna® App](#).



**Questions?** Call the Disney Benefits Center at **1-800-354-3970**.



**Don't forget!**  
Be sure to encourage your spouse or partner to participate, too.

1. If you and your spouse/partner both participate, all wellness rewards will be credited to the HSA or HRA of the covered employee. If you both work for Disney and are enrolled separately, rewards will be credited to each individual's account.

**ELIGIBILITY:** All full-time, U.S.-based (and U.S. expat) employees, Cast Members and their spouses/domestic partners who are enrolled in a 2025 Disney medical plan option and registered for Headspace are eligible for the \$300 incentive as a part of for the Wellness Rewards Program.

**IMPORTANT NOTE:** In order to be eligible to receive wellness rewards, you must be an active employee at the time rewards are paid. This document highlights provisions of and changes to the Wellness Rewards Program as of January 1, 2025. You may or may not be eligible to participate in this program, depending on job status, work location or applicable collective bargaining agreement, as well as whether you are enrolled in a Disney medical option. For a complete description of the program, refer to the Summary Plan Description at [Benefits.Disney.com](https://Benefits.Disney.com). Disney reserves the right to amend or terminate this program at any time.