

2021 HEALTH ASSESSMENT

Don't forget the Richmond Public Schools Initiative is Going on Now until August 31, 2021

2021 Health Assessment Initiative Richmond Public Schools

All Richmond Public School employees enrolled in a Cigna medical plan are eligible to participate in the 2021 Health Assessment Initiative. Employees who would like to receive a reduced healthcare premium rate in 2022 only need to complete the online health assessment between **June 1 - August 31, 2021.**

Richmond Public Schools will **NOT** be hosting biometric screenings this year, therefore, it is not mandatory to enter new biometric screenings numbers when you take the online health assessment.

To take the online health assessment:

*Log on to www.myCigna.com, > **Wellness > Health Assessment** and complete between **June 1 - August 31, 2021.**

If you have received an annual physical in the past year, you can update your health assessment with biometric numbers (HEIGHT, WEIGHT, WAIST CIRCUMFERENCE, BLOOD PRESSURE, TOTAL CHOLESTEROL, and HDL CHOLESTEROL).

We encourage you to make an appointment with your Primary Care Physician OR set up a wellness visit through MDLIVE.

To set up a wellness visit with MDLIVE go to myCigna.com, locate the "Talk to a doctor, counselor or nurse 24/7" and click "**Connect Now.**"

1. Complete your MDLIVE health questionnaire.
2. Choose an in-network lab and schedule an appointment.
3. Choose an MDLIVE provider and schedule your virtual visit.
4. Go to your lab appointment. You'll receive a notification when the results are available in the MDLIVE customer portal.
5. Attend your virtual visit from anywhere via video or phone. After your visit, you'll receive a summary of your screening results for your records.

To receive a reduced healthcare **premium rate** in 2022, you **MUST** complete the online health risk assessment between **June 1 - August 31, 2021.**

If you have questions about this initiative, contact Cigna at 1-800-Cigna24.