

2020 HEALTH ASSESSMENT INITIATIVE CITY OF RICHMOND EMPLOYEES

July 1 - August 31, 2020

All City of Richmond employees, eligible retirees, and spouses enrolled in a Cigna medical plan are eligible to participate in the 2020 Health Assessment Initiative.

To receive the healthcare **premium incentive** in 2021, you MUST complete the online Health Assessment by **August 31, 2020. For this year ONLY**, it will be optional to enter your updated biometric numbers in the online Health Assessment. Due to COVID-19, the City will not be hosting biometric screening events this year. However, completion of the online Health Assessment is still REQUIRED to receive the healthcare premium incentive, even if you do not have updated biometric numbers.

1. Complete the online Health Assessment by going to www.myCigna.com, Wellness > Health Assessment between **July 1 - August 31, 2020**.
2. If you are ABLE to schedule your annual physical and receive your biometric numbers by August 31, 2020, please include those numbers in the online Health Assessment.
3. If you received your biometric numbers last year, you may use those numbers to complete your Health Assessment. Your prior year biometric numbers are shown under personal information on your health dashboard on www.myCigna.com. There, you will find your most recent HEIGHT, WEIGHT, WAIST CIRCUMFERENCE, BLOOD PRESSURE, TOTAL CHOLESTEROL, and HDL CHOLESTEROL.

If you did not participate in the online Health Assessment last year and/or you have not had your annual physical this year, please complete the online Health Assessment by including your measurements for your HEIGHT, WEIGHT and WAIST CIRCUMFERENCE. You do not need to include blood pressure or cholesterol information.

If you elect coverage for your spouse, you both will need to complete the online Health Assessment by **August 31, 2020** to be eligible for a premium incentive in 2021.

If you have questions regarding the 2020 Health Assessment Initiative, contact Cigna at 1-800-Cigna24 or the City's HR Solutions Center at 804-646-5660.



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