



City of Richmond Employees, Retirees and Spouses



2018 Health Assessments

**SCHEDULE AN ANNUAL PHYSICAL
WITH YOUR DOCTOR NOW FOR
ANYTIME BEFORE JULY 31, 2018.**

**KEEP YOUR RESULTS FOR HEIGHT, WEIGHT,
WAIST CIRCUMFERENCE, BLOOD PRESSURE,
TOTAL CHOLESTROL AND HDL CHOLESTEROL
so you have them when you need them starting
July 1.**

When: Complete the online Health Assessment on
www.mycigna.com between July 1 – August 31,
2018.

Why: To help identify unknown health risks. Cigna
healthcare plan participants who choose to complete
the Health Assessment between July 1- August 31,
2018 will pay lower healthcare premiums in 2019
than those who choose not to participate.

**Please contact the HR Solutions Desk at
646-5660 or Denise Heer at 646-0007 if
you have questions.**