

Frequently Asked Questions

2018 Health Assessment Initiative



Who should participate?

City of Richmond employees, spouses, retirees and their spouses covered under the Cigna healthcare plan.

Do my children need to participate? NO

I am retiring soon. Should I participate?

If you retire before August 31 and participate, you will receive Health Assessment Taken rates in 2019 as a retiree. If you retire before July 1, and want to receive the lower rates as a retiree, complete the same steps as active employees (get biometrics and use them to complete the online HA) since retirees are included in the initiative (and your spouse if applicable). If you will be on Medicare once you retire, the Health Assessment would not apply.

What numbers do I need to complete the online Health Assessment?

Total Cholesterol, HDL, Blood Pressure, Weight, Height, Waist Circumference – all are needed for a “complete” HA.

If I participated in 2017, can I skip it this year?

No. Employees, retirees and spouses who complete the online HA in 2018 will receive the “Health Assessment Taken” medical premium rates in 2019. Those rates do not carryover year to year.

Can I use results from a recent doctor’s visit to complete the online Health Assessment?

Yes. If you had a complete physical since January 1, 2018 and have all the necessary information, you may use that to complete your online Health Assessment.

If I am not on the City health insurance now, but may elect coverage later this year, what will my rates be in 2019?

At this time, we do not know whether those coming on the medical plan after July 1, 2018 will be granted Health Assessment Taken rates in 2019.

Is fasting required if I schedule an on-site biometric screening?

No. Fasting is not required for accurate results.

What will be included in the onsite screening?

Total Cholesterol, HDL, Blood Pressure, weight, height, waist circumference and Health Coaching

Are the screening results accurate?

Yes, Interactive Health adheres to stringent guidelines for quality control and assurance. The technology behind the testing performed is very accurate with a 3% margin of error.

Will my health information be held confidential?

Yes, by law Interactive Health must protect your privacy in these matters and will hold all information confidential. No individual information will be disclosed without your written permission. After August 31, they will prepare a company-wide group aggregate report illustrating the top health risk categories.

How do I complete the online Health Assessment?

Visit www.mycigna.com, log in, click on the “My Health” tab and click on “Take My Health Assessment”. Use your recent screening results to answer some of the questions.

Is there a form I need to use to get my results from my doctor?

No. Ask your doctor how they will get you the results. It is your responsibility to find out what their procedure is and to make sure you get all the numbers you need for the online Health Assessment.

If you have additional questions, contact the HR Solutions Center at 646-5660 or Denise Heer at 646-0007.