

2021 HEALTH ASSESSMENT INITIATIVE CITY OF RICHMOND EMPLOYEES, SPOUSES & RETIREES

July 1 - August 31, 2021

All City of Richmond employees, eligible retirees, and spouses enrolled in a Cigna medical plan are eligible to participate in the 2021 Health Assessment Initiative.

To be eligible to receive the healthcare **premium incentive**, you **MUST** complete the online Health Assessment by **August 31, 2021**.

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.

1. Complete the online Health Assessment between **July 1 -August 31, 2021** by going to www.myCigna.com, and clicking on “Take/Retake your Health Assessment.”
2. In order to complete the online Health Assessment, you will need to know your biometric numbers for HEIGHT, WEIGHT, WAIST CIRCUMFERENCE, BLOOD PRESSURE, TOTAL CHOLESTEROL, and HDL CHOLESTEROL.
 - If you have received an annual physical this year, please complete your Health Assessment with your updated biometric numbers.
 - If you have not had a recent annual physical, please schedule your annual physical and receive your biometric numbers. You may also set up a wellness visit through MDLIVE. To set up a wellness visit with MDLIVE, go to myCigna.com and locate “Talk to a doctor or nurse 24/7” and click on “Connect Now.” Follow the directions provided to schedule your virtual visit and to make your lab appointment in order to receive your biometric numbers.
 - If, due to Covid-19 concerns, you are not able to schedule an annual physical or lab appointment, you must still complete the Health Assessment and provide updated numbers for HEIGHT, WEIGHT, and WAIST CIRCUMFERENCE to receive the premium incentive. **FOR THIS YEAR ONLY**, you do not need to provide blood pressure and cholesterol numbers in the Health Assessment.

If you elect coverage for your spouse, you both will need to complete the online Health Assessment by **August 31, 2021** to be eligible for a premium incentive in 2022.

The online Health Assessment is a fast and easy tool on myCigna.com. It only takes 10 to 15 minutes to complete. And your answers will remain confidential. Ready to go? Log in to myCigna.com, and click on “Take/Retake your Health Assessment.”

The more you know, the healthier you can be.

If you have questions regarding the 2021 Health Assessment Initiative, contact Cigna at 1-800-Cigna24 or the City’s HR Solutions Center at 804-646-5660.



Together, all the way.®



2021 HEALTH ASSESSMENT INITIATIVE CITY OF RICHMOND EMPLOYEES, SPOUSES & RETIREES

July 1 - August 31, 2021



PRESORT
STANDARD
U.S. POSTAGE
PAID
RICHMOND, VA
PERMIT #1353

City of Richmond
Human Resources
City Hall
900 East Broad Street, 9th Floor
Richmond, VA 23219

