



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

# Important information inside

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## 2022 HEALTH ASSESSMENT INITIATIVE

For employees, eligible retirees, and spouses enrolled in a Cigna medical plan



## 2022 HEALTH ASSESSMENT INITIATIVE CITY OF RICHMOND

**Don't forget the City of Richmond's 2022 Health Assessment Initiative starts July 1 and ends August 31, 2022.**

**All City of Richmond employees, eligible retirees, and spouses enrolled in a Cigna medical plan are eligible to participate in the 2022 Health Assessment Initiative.**

You will use results from a recent wellness visit or schedule a well visit to obtain your biometric screening numbers when you take the online health assessment. There will **NOT** be onsite biometric screenings.

To receive a reduced healthcare **premium rate** in 2023, employees, eligible retirees, and spouses enrolled in a Cigna medical plan **MUST** complete the online health risk assessment between **July 1 - August 31, 2022**. If you elect coverage for your spouse, you both will need to complete the Health Assessment to be eligible for the premium incentive.

### **To take the online health assessment:**

\*Log on to [www.myCigna.com](https://www.myCigna.com), > **Wellness > Health Assessment** and complete between **July 1 – August 31, 2022**.

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

If you have not received an annual physical this year, 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](https://www.myCigna.com), locate the “Talk to a Doctor” and click Connect. Follow the directions provided to schedule your virtual visit and to make your lab appointment in order to get your biometric numbers.

The online Health Assessment is a fast and easy tool on [myCigna.com](https://www.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](https://www.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 2022 Health Assessment Initiative, contact Cigna at 1-800-Cigna24 or the City's HR Solutions Center at 804-646-5660.



**Health Assessment questions?**  
Contact Cigna at 1-800-Cigna24.

**To set up a wellness visit with MDLIVE go to [myCigna.com](https://www.myCigna.com), locate the “Talk to a Doctor” then click “Connect”.**



We are ready to help 24/7

### **Medical**

Board-certified doctors and dermatologists available 24/7

[Connect](#)

- ✓ Urgent Care for minor medical conditions
- ✓ Virtual Primary Care (Routine visit)
- ✓ Virtual Wellness Screening
- ✓ Message with a Dermatologist

**Together, all the way.®** 