

2018 HEALTH ASSESSMENT INITIATIVE

City of Richmond Retirees and Covered Spouses

Plan ahead for our annual Health Assessment Initiative that will take place from July 1 – August 31, 2018. City of Richmond retirees enrolled in one of our Cigna Healthcare plans AND their covered spouses are included in the Health Assessment Initiative.

What do I need to do? Call now, to schedule an annual physical with your doctor before July 31, 2018. Make sure you get fasting blood-work done as part of that visit.** Get your biometric results from your doctor and hold on to them to use for the Health Assessment. You will need numbers for: **HEIGHT, WEIGHT, WAIST CIRCUMFERENCE, BLOOD PRESSURE, TOTAL CHOLESTEROL, HDL CHOLESTEROL.** Please make sure your doctor captures ALL of these values.

If you are not due for your annual physical until after July 31, 2018, consider scheduling a biometric screening appointment at one of the events that will be hosted in July at various City of Richmond locations – but appointments will be limited. Contact Denise Heer at 646-0007 if you would like to receive a calendar of events once it is available. Spouses are welcome to schedule a biometric screening

appointment, but they must schedule separately with their own information.

Once you have your biometric results, complete the online Health Assessment (HA) on www.myCigna.com between the dates of July 1 – August 31, 2018. Do NOT complete the Health Assessment until AFTER you get your results and only complete it between July 1 and August 31, 2018.

Why should I do this? The online HA is a great resource to evaluate your health and wellness behaviors. It allows Cigna health coaches to reach out if there is a risk factor that can be managed. Retirees and covered spouses who complete this process during the specified dates will pay lower healthcare premium rates for 2019 than those who do NOT participate. Healthcare Premium Rates for 2019 are not known at this time. Both the retiree and covered spouse must complete the HA to receive the “Health Assessment Taken” premium rates.

If you have questions about this initiative, or questions about your status as it relates to the premium rates, contact Denise Heer at (804) 646-0007.

****You may use biometric results back to January 1, 2018.**

2018 HEALTH ASSESSMENT INITIATIVE

City of Richmond Retirees and Covered Spouses

Plan ahead for our annual Health Assessment Initiative. It will take place from July 1 - August 31, 2018.

All City of Richmond retirees enrolled in one of our Cigna Healthcare plans AND their covered spouses are included in the Health Assessment Initiative.

Complete details on the other side of this postcard.



City of Richmond, Human Resources
City Hall—900 East Broad Street, 9th floor
Richmond, Va 23219

Presort
Standard
U.S. Postage
PAID
Richmond, VA
Permit #1353

Call Denise Heer, Employee Wellness Coordinator, at (804) 646-0007 if you have any questions about this process.