

2018 Health Assessment Initiative

City of Richmond Employees, Retirees and Spouses

- What:** City of Richmond active employees, retirees and all spouses **covered under the City's Healthcare Plan with Cigna** are encouraged to complete Cigna's online Health Assessment (HA), using recent biometric data from an annual physical or from a biometric screening (recent means from 2018).
- When:** Complete the online HA between July 1 – August 31, 2018. Completing it before July 1, after August 31 or without biometrics will not qualify you for the Health Assessment Taken premium rates in 2019.
- Why:** To help identify and manage unknown health risks. Cigna healthcare plan participants who choose to complete the online HA on www.myCigna.com between July 1- August 31, 2018 will pay lower healthcare premiums in 2019 than those who choose not to participate.
- Who:** All active employees, retirees and spouses on our Cigna medical insurance.. Each person is responsible for completing the online HA using their own myCigna.com account.
- How:** Get the necessary biometrics for HEIGHT, WEIGHT, WAIST CIRCUMFERENCE, BLOOD PRESSURE, TOTAL CHOLESTEROL, HDL CHOLESTEROL either from your physician or a biometric screening event in 2018 and use those results to complete the online HA on www.myCigna.com between July 1 – August 31, 2018. A physician does not have the ability to access your myCigna.com account or complete your online HA.



INFORMATION REGARDING BIOMETRIC SCREENING EVENTS:



The complimentary biometric screening events offered by Human Resources are done as a courtesy, but should not replace your complete annual physical with your doctor. You must schedule an appointment online if you wish to be seen at one of the screening events below.

Walk-ins will only be considered if there are no-shows, but are not guaranteed to be seen.

Each person must schedule their own appointment for 2018 on www.screeningreg.com. Username: **COR** Password: **healthy** (both are case sensitive).

DATE	LOCATION	HOURS
7/2, 7/13, 7/19, 7/31	City Hall - 900 East Broad Street; 9 th Floor, HR Training Room	8 a.m. – 4 p.m.
7/3	Richmond Justice Center; 1701 Fairfield Way, Room 2304-2 <i>Sheriff's Office employees only</i>	7 a.m. – 4 p.m.
7/6, 7/18, 7/26	Richmond Police Academy; 1202 West Graham Road, Room 103	8 a.m. – 4 p.m.
7/9, 7/17	DPU-Operations Center; 400 Jefferson Davis Highway, Atrium	8 a.m. – 4 p.m.
7/10	DPU – Water Treatment Plant; 3920 Douglasdale Road	7 a.m. – 2 p.m.
7/11, 7/23	DSS-Marshall Plaza; 900 East Marshall Street, 3 rd floor Training Rooms	8 a.m. – 4 p.m.
7/12	DPW- 3506 North Hopkins Road, Assembly Room	7 a.m. – 3 p.m.
7/16	DPU – 1400 Brander Street, Training Room	7 a.m. – 3 p.m.
7/20, 7/25	DSS-Southside Community Services Center; 4100 Hull Street; Conference Rooms A-C	8 a.m. – 4 p.m.
7/24	Fire Headquarters; 201 East Franklin Street, Auditorium	9 a.m. – 4 p.m.
7/27	John Marshall Courts Building; 400 North 9 th Street, Lower Level	9 a.m. – 4 p.m.

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



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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.**

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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.

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you have questions.**