

# 2019 BIOMETRIC SCREENING AND HEALTH ASSESSMENT INITIATIVE

All City of Richmond employees, eligible retirees, and spouses enrolled in a Cigna medical plan are eligible to participate in the 2019 Biometric Screening and Health Assessment Initiative. To receive a healthcare premium incentive in 2020, you MUST have your biometric numbers and MUST complete the online health assessment.

1. Schedule your annual physical and receive your biometric results; then complete the online health assessment.
2. If you are not due for your 2019 annual physical and/or will not have your biometric results until after August 31, 2019, register for a biometric screening appointment by visiting [www.screeningreg.com](http://www.screeningreg.com).  
Login: **COR** Password: **healthy**  
Bring your Cigna medical ID card to your screening!
3. Complete your annual physical or biometric screening to get your biometric screening results.
4. Complete the online health assessment on [www.myCigna.com](http://www.myCigna.com), Wellness >Tools> My Health Assessment between **July 1, 2019 - August 31, 2019**.

You will need these biometric numbers for your online health assessment: **HEIGHT, WEIGHT, WAIST CIRCUMFERENCE, BLOOD PRESSURE, TOTAL CHOLESTEROL, AND HDL CHOLESTEROL.**

If you elect coverage for your spouse, you both will need to complete these steps to be eligible for a premium incentive in 2020. If you want the premium incentive in 2020, you **MUST** have your biometric numbers and you **MUST** complete the health assessment by **August 31, 2019** in order to be eligible for a **premium incentive**.

**To schedule your online biometric appointment, visit [www.screeningreg.com](http://www.screeningreg.com). Appointments are limited.**

Schedule now! Participants with appointments will be given priority and walk-ins may be turned away.

**If you have questions about this initiative, contact Cigna at 1-800-Cigna24 or the City's HR Solutions Center at 804-646-5660.**

## SCREENING LOCATIONS

**7/1/2019**

City Hall-900 E. Broad St.  
9th Floor, Training Room  
8 a.m. - 4 p.m.

**7/2/2019**

Richmond Justice Center  
1701 Fairfield Way - Room 2304-2  
Sheriff's Office Employees Only  
7 a.m. - 3 p.m.

**7/3/2019**

Richmond Police Academy  
1202 West Graham Rd. - Room 103  
8 a.m. - 4 p.m.

**7/8/2019**

DPU-Operations Center  
400 Jefferson Davis Hwy - Atrium  
8 a.m. - 3 p.m.

**7/9/2019**

DPU-Water Treatment Plant  
3920 Douglasdale Rd.  
7 a.m. - 2 p.m.

**7/10/2019**

DSS-Marshall Plaza  
900 E. Marshall St.  
3rd Floor, Training Rooms A-B  
9 a.m. - 4 p.m.

**7/11/2019**

DPW-3506 North Hopkins Rd.  
Assembly Room  
7 a.m. - 3 p.m.

**7/12/2019**

City Hall  
900 E. Broad St.  
9th Floor, Training Room  
8 a.m. - 4 p.m.

**7/15/2019**

DPU-1400 Brander Street  
Training Room  
7 a.m. - 2 p.m.

**7/16/2019**

DPU-Operations Center  
400 Jefferson Davis Hwy - Atrium  
8 a.m. - 3 p.m.

**7/17/2019**

Richmond Police Academy  
1202 West Graham Rd. - Room 103  
8 a.m. - 4 p.m.

**7/18/2019**

City Hall-900 E. Broad St.  
9th Floor, Training Room  
8 a.m. - 4 p.m.

**7/19/2019**

DSS-Southside Community  
Services Center  
4100 Hull St. - Conf. Rooms A-C  
8 a.m. - 4 p.m.

**7/23/2019**

DSS-Marshall Plaza  
900 E. Marshall St. - 3rd Floor, Training  
Rooms A-B  
9 a.m. - 4 p.m.

**7/24/2019**

Fire Headquarters  
201 E. Franklin St. - Auditorium  
9 a.m. - 2 p.m.

**7/25/2019**

DSS-Southside  
Community Services Center  
4100 Hull St.  
Conference Rooms A-C  
8 a.m. - 4 p.m.

**7/26/2019**

Richmond Police Academy  
1202 West Graham Rd. - Room 103  
8 a.m. - 4 p.m.

**7/29/2019**

John Marshall Courts Building  
400 North Ninth Street,  
Lower Level  
9 a.m. - 4 p.m.

**7/30/2019**

City Hall - 900 E. Broad St.  
9th Floor, Training Room  
8 a.m. - 4 p.m.



Together, all the way.®



\*Locations and times may vary depending on appointments.

\*\*You may use biometric results back to January 1, 2019.

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