

As our workplace wellness initiative continues into its THIRD year, Rutherford County encourages all employees and spouses who will be enrolled in a County medical plan in 2016 to:

1. Complete a fasting biometrics screening
2. Complete a confidential, online Health Assessment

If you (and your covered spouse, if applicable) DO NOT complete both steps by November 30, 2015, you will pay a \$300 annual wellness fee through monthly payroll deduction, starting with the first pay period in 2016. If any piece is missing, the \$300 fee will apply.

How to complete your fasting biometrics screening

Between January 1 and November 30, 2015

Medpoint clinics will perform screenings at no cost to you. Medpoint providers will submit your biometric screening form to Cigna for you. Stewarts Creek accepts walk-ins. An appointment is required at Blackman and Walter Hill (615-904-6770). Biometric screenings are not available at Walgreens retail locations.

If you use a provider other than Medpoint, you are encouraged to use in-network providers and labs. You are responsible for submitting completed forms to Cigna by the deadline. DO NOT submit forms to Risk Management.

TIPS

- **Fasting means nothing to eat or drink after 10:00 p.m. the night before your screening.**
- **Keep a copy of your biometrics results for your records.**

How to complete the online Health Assessment

Between July 1 and November 30, 2015

1. Go to **www.mycigna.com** and log in with your user name and password. If you're a first-time user, click Register Now. **Important:** Spouses must register for a separate myCigna account under the policyholder's Social Security number. For help logging on, call the Cigna registration help desk at 1-855-221-0273.
2. Once logged on, look for Take My Health Assessment on the home page and click Take My Health Assessment Now.

TIPS

- **Each member (employee and spouse) must take the assessment under their own myCigna account. If an employee and spouse use the same login, you will report as ONE member and the wellness fee will apply.**
- **Spouses who will no longer have County medical insurance due to new eligibility rules do not need to complete the Health Assessment or biometrics.**
- **Covered dependent children do not have to take the Health Assessment.**
- **If you do not have access to a computer, you may use one in Risk Management.**

How to confirm completion

1. Log on to **www.mycigna.com** and go to the incentive awards page.
2. See My Family Maximum and My Family Awards Earned. "Points needed" and "Points earned" must match to avoid the \$300 wellness fee in 2016. Points earned will appear within 5 business days of Cigna's receipt of your completed screening form and assessment data.

First-time Cigna enrollees

Employees and spouses who enroll in a medical plan for the first time as of January 1, 2016, as well as employees who were hired on or after October 1, 2015, are exempt from the Know Your Numbers: Year 3 wellness program requirement.



FREQUENTLY ASKED QUESTIONS

BIOMETRICS

Where do I get a wellness screening form?

The form is available on www.mycigna.com. Medpoint clinics also have copies of the form and will submit your completed form to Cigna on your behalf and maintain a copy in your patient records.

Will my provider have a copy of this form?

No. You must take a copy of the form to your appointment and have the provider complete it.

Will my private physician charge a fee for filling out the form?

Possibly. If your physician charges a fee, you will be responsible for the cost. Ask if a fee will be charged when you schedule your appointment so you will be prepared to pay if asked to do so. Medpoint clinics do not charge to complete the form or submit it to Cigna. We encourage you to use this free, convenient option.

Do I have to use LabCorp or Quest?

No. You are welcome to use any in-network provider and/or lab services.

ONLINE HEALTH ASSESSMENT

Knowledge is power. This 10-minute survey asks questions about your life, job, stress level and overall health, and provides valuable information on steps you can take today to lower your risk of disease. You will receive a wellness report and score showing health risk factors you may have. You can print the report and share it with your doctor.

What happens next?

If your wellness report reveals areas that need improvement due to a chronic health condition, a Cigna coach will contact you by phone. This is an additional resource available to you and it is your choice to speak to the health coach or not.

Who sees my Health Assessment results?

In accordance with the Health Insurance Portability and Accountability Act, your personal health information is protected by law. Your individual Health Assessment answers are completely confidential and will not be shared with anyone at Rutherford County. The County will receive an aggregate summary of participants' assessment results. This report does not include any personally identifiable information but provides data such as the number of individuals with certain conditions (diabetes, asthma, heart disease) so the County can create targeted programs that focus on those areas.

