



# Learn Your Numbers For Optimal Health

**Earn \$75 for completing a biometric screening**

Biometric screenings are short health exams that include blood work, blood pressure and body measurements, which is key data to reduce health risks and improve overall well-being.

## Obtain your numbers:

### Physician ordered:

- If ordered at a Quest or Labcorp facility, data will automatically transfer to your myCigna account within 10 business days of your claim being processed.
- If ordered at an alternate facility, ask your physician to complete a [Wellness Screening Form](#) that you can submit to Cigna for your incentive.

### Virtual Care:

- Self-register for a biometric screening as part of your virtual Wellness Screening with MDLIVE (*see right*). This data will automatically transfer to your myCigna account within 10 business days of your claim being processed.



**Biometric screening incentives can be earned any time between 7/1 and 6/30 each plan year**

## LAB WORK FOR VIRTUAL WELLNESS SCREENING

When you schedule a virtual Wellness Screening at no out-of-pocket cost via MDLIVE, you will be prompted to schedule lab work with a local Labcorp or Quest Diagnostics facility in advance of your appointment.

To schedule:

- Sign up with MDLIVE or login to your account at [mdliveforcigna.com](http://mdliveforcigna.com)
- Click the **Get Started** button under the **Primary Care** option
- Select **Wellness Screening** and then click the **Get Started** button to begin scheduling your Wellness Screening and lab appointment

*\* Incentives may take 4-6 weeks to load upon receipt of the Wellness Screening form.*

**Questions? Call Cigna at 800-244-6224**

*NOTE: Cash incentives, payments, and rewards are available upon completion of the Health Assessment annually. Amounts paid to well-being program participants are taxable income. Please review with your tax consultant for more information.*