

Health Assessment and Choice Fund FAQ

Questions about your Yellow Plan's Choice Fund? Read below for answers to frequently asked questions.

1.) When can I take the Health Assessment to activate my Choice Fund? It depends ...

Are you already enrolled with SCHOOLCARE/Cigna (before 7/1)?

Anyone who is currently enrolled on a SCHOOLCARE plan can take their Health Assessment at myCigna.com between **7/1 and 8/31**.

Are you new to SCHOOLCARE/Cigna (joining after 7/1)?

Anyone who is joining SCHOOLCARE effective after 7/1 will be able to complete the Health Assessment at myCigna.com during the initial 60 days of their enrollment effective date. (Example: September 1 effective date – subscriber must complete the Health Assessment between 9/1 and 10/31).

The sooner the health assessment is completed, the sooner the Choice Fund will be loaded to the subscriber's account. It can take up to two weeks for the funds to be applied.

2.) How do I complete my Health Assessment on myCigna.com?

Your Health Assessment will be completed within the Wellness Experience, (new beginning July 1, 2025)

1. Log in to myCigna.com on or after 7/1 (if you haven't registered for a myCigna account yet, click the "Register" button and follow the steps to create yours today)
2. Hover over the "Wellness" menu in the top navigation bar
3. Click on "Wellness & Incentives"
4. On your first login to the updated Wellness Program, select any of the tiles under "Wellness" to complete the Wellness Program agreement and set-up your account.
5. Navigate to the "Health" tab then click on "Surveys" to find and complete the Health Assessment.

3.) The Health Assessment is asking for biometrics such as blood pressure, total cholesterol, and HDL. What if I haven't had a recent physical or blood work?

You do not need to enter biometric data. Instead, choose the Next button. You can come back to complete that information later if you wish.

4.) Do my covered family members also need to take the Health Assessment on myCigna.com?

Only the subscriber needs to complete the Health Assessment annually to activate the Choice Fund. Your covered spouses must complete it **only** if they wish to participate in the **Good For You!** Well-Being Program.

5.) How can I confirm I've completed my Health Assessment?

1. Log in to myCigna.com
2. Click on "Wellness & Incentives" under the "Wellness" tab
3. Click on your "Surveys" to see your latest Health Assessment score and its date of completion.

6.) When will my Choice Fund dollars be loaded?

Typically, the Choice Fund will show funds available a few business days following completion of the Health Assessment, however it may take up to two weeks.

7.) Who can I contact to help if I can't figure out how to complete the Health Assessment?

Cigna is available 24/7/365. They can assist with completing your Health Assessment by calling 800-244-6224. Cigna technical assistance is available if you are not able to login by calling 800-284-8346.