

Completing your myCigna Health Assessment

Chris Glenn, Group Relations Specialist

Hi everyone from SCHOOLCARE. This is Chris Glenn, Group Relations Specialist.

It's that time of year again to complete your confidential online health assessment at myCigna.com. This is very important for anyone that's enrolled in the yellow plan with choice fund as completion of the health assessment is an annual requirement by the subscriber to have the choice fund loaded. It's also very important for anyone that's enrolled in the health plan who wants to participate in the **Good For You!** Well-being Program. Completion of the online health assessment allows you to start earning incentives under the **Good For You!** Well-being Program. This goes for anyone including any subscribers or covered spouses that are enrolled in the SCHOOLCARE health plans.

Anyone currently enrolled in the SCHOOLCARE health plans has between June 1st and July 31st to complete their online health assessment. For any new hires maybe starting in July or August or even September, you will have a 60-day window to complete your online health assessment at myCigna.com for any choice fund to load into your account. Please allow one to three business days for the choice fund to load into your account at myCigna.com. Let's now take some time to go log into mycigna.com to find the online health assessment and how you can complete it.

So, after logging into myCigna.com it'll bring you to your home page so you can access your health assessment by either going under the wellness tab to my health assessment, or if you're right on your home page and you move down towards the bottom you can find my health section - which has a link right here to take you to your health assessment. I'm going to click on there, so it's going to bring me to my page which has my wellness score from last year, progress for completing my health assessment, and my personal information.

So, to complete your health assessment you're going to click take my assessment now. I've already taken my health assessment in the past it's going to tell you that each time you take the assessment you need to go through each category. I'm just going to click yes continue and then I'm going to click down next. Then there's a privacy notice that you would click I agree on and that starts your progress. If you want to complete your health assessment this is the button that you would click. But say you wanted to double check when your last report was, you can come down here and click on current report or last five. I'm going to click on last five. And i'm just going to show you that you actually have your confirmation number from every time that you have completed your health assessment.

So you can either view the report or you can email the confirmation number. I highly suggest you email the confirmation number to yourself just in case you need to reference it in the future. Once you complete your health assessment it's going to give you the

option to email the confirmation number to yourself. I'm going to click exit and it's going to bring me back to the home page under the wellness section.

I want to thank you again for joining me today to walk through how to complete your online health assessment at myCigna.com. This is extremely important for the choice fund to load correctly onto your account so you can have those funds available to spend down throughout the plan year.

Again just another reminder if you're currently enrolled in the SCHOOLCARE health plans you have between June 1st and July 31st to complete your online health assessment and for any new hire say after July 1st have 60 days to complete your online health assessment from the effective date of when you are enrolled into the health plan. So, if you're enrolled as of September 1st, you'll have from September 1st through October 31st to complete your online health assessment. And again, if the funds haven't loaded within one to three business days don't be alarmed give it a little time for the funds to show up in your account. If they don't within a few days after that please feel free to reach out to SCHOOLCARE and we'll be able to check into it further with Cigna.

Thank you again I hope you have a great day.