Plan ahead for our annual Health Assessment Initiative. It will take place from July 1 - August 31, 2017. All City of Richmond retirees enrolled in one of our Cigna Healthcare plans AND their covered spouses are included in the Health Assessment Initiative.

What do I need to do?
Schedule an annual physical with your doctor before July 31, 2017. Make sure you get fasting blood-work done as part of that visit.** Get your biometric results from your doctor and hold on to them to use for the Health Assessment.

You will need numbers for: HEIGHT, WEIGHT, WAIST CIRCUMFERENCE, BLOOD PRESSURE, TOTAL CHOLESTEROL, HDL CHOLESTEROL. Please make sure your doctor captures ALL of these values.

If you are not due for your annual physical until after July 31, 2017, schedule a biometric screening appointment at a City of Richmond worksite if you live in Richmond. The schedule for COR on-site screenings will be released in May (screening events will take place in July). This screening should NOT replace your annual physical - it is simply a courtesy offered by the City for those who have a physical later in the year. Spouses are welcome to schedule, but they must schedule their own appointment.

Once you have your biometric results, complete the online Health Assessment on www.mycigna.com between the dates of July 1 - August 31, 2017. Do NOT complete the Health Assessment until AFTER you get your results and only between July 1 and August 31, 2017.

Why should I do this?
Retirees and covered spouses who do NOT complete this process during the specified dates will pay higher healthcare premium rates for 2018 than those who participate. 2018 Premium Rates are not known at this time. Both the retiree and covered spouse must complete the Health Assessment to receive the lowest premium rates.

If you have questions about this initiative, or questions about your status as it relates to the premium rates, contact Denise Heer at (804) 646-0007

**You may use biometric results back to January 1, 2017. If you have questions, call Denise Heer.
Plan ahead for our annual Health Assessment Initiative. It will take place from July 1 – August 31, 2017.

All City of Richmond retirees enrolled in one of our Cigna Healthcare plans AND their covered spouses are included in the Health Assessment Initiative.

**Call Denise Heer, Employee Wellness Coordinator, at (804) 646-0007 if you have any questions about this process.**