



City of Richmond
Human Resources
City Hall
900 East Broad Street, 9th Floor
Richmond, VA 23219

Important information inside

**PLEASE DO NOT FORGET THE INITIATIVE RUNS
JULY 1, AND ENDS AUGUST 31, 2023**

FIRST CLASS
U.S. POSTAGE
PAID
RICHMOND, VA
PERMIT 1353



2023 HEALTH ASSESSMENT INITIATIVE

For employees, eligible retirees, and spouses enrolled in a Cigna medical plan

2023 HEALTH ASSESSMENT INITIATIVE CITY OF RICHMOND

All City of Richmond employees, eligible retirees, and spouses enrolled in a Cigna medical plan are eligible to participate in the 2023 Health Assessment Initiative for a reduced healthcare premium rate in 2024.

To receive the healthcare **premium incentive**, you and your spouse if covered under your plan MUST complete the online Health Assessment by **August 31, 2023**. City of Richmond will **NOT** be hosting biometric screenings this year, but you will be asked to enter your biometric information.

If you have received an annual physical in the past year, you can update your health assessment with those biometric numbers (HEIGHT, WEIGHT, WAIST CIRCUMFERENCE, BLOOD PRESSURE, TOTAL CHOLESTEROL, and HDL CHOLESTEROL).

If you haven't received an annual physical in the last year, we encourage you to make an appointment with your Primary Care Physician OR set up a wellness visit through MDLIVE.

To take the online health assessment:

*Log on to **www.myCigna.com**, > **Wellness** > **Health Assessment** and complete between **July 1 - August 31, 2023**.

To set up a wellness visit with MDLIVE go to **myCigna.com**, locate the "Talk to a doctor" then locate Medical click on **"Continue"** then find **Primary care** to click on **"Schedule a Visit"**.

1. Complete your MDLIVE health questionnaire.
2. Choose an in-network lab such as Lab Corp or Quest and schedule an appointment.
3. Choose an MDLIVE provider and schedule your virtual visit.
4. Go to your lab appointment. You'll receive a notification when the results are available in the MDLIVE customer portal.
5. Attend your virtual visit from anywhere via video or phone. After your visit, you'll receive a summary of your screening results for your records.

Reminder: To receive a reduced healthcare **premium rate** in 2024, you and your spouse if covered on your medical plan, MUST complete the online health risk assessment between **July 1 - August 31, 2023**.

If you have questions about this initiative, contact Cigna at **1-800-Cigna24** or the City's HR Solutions Center at 804-646-5660.



Health Assessment questions?
Contact Cigna at 1-800-Cigna24.

To set up a wellness visit with MDLIVE go to **myCigna.com**, locate the "Talk to a Doctor" then click **"Connect"**.



We are ready to help 24/7

Medical

Board-certified doctors and dermatologists available 24/7

Connect ↗

- ✓ Urgent Care for minor medical conditions
- ✓ Virtual Primary Care (Routine visit)
- ✓ Virtual Wellness Screening
- ✓ Message with a Dermatologist

Together, all the way.® 