

## Health Assessment and Choice Fund FAQ

Do you have 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 7/1/17)?**

Anyone who is currently enrolled on a SCHOOLCARE plan can take their Health Assessment at [www.myCigna.com](http://www.myCigna.com) between **6/1/17 and 7/31/17**.

#### **Are you new to SCHOOLCARE/Cigna (joining 7/1/17)?**

Anyone who is joining SCHOOLCARE effective 7/1/17 will be able to complete the Health Assessment **between 7/1/17 and 8/31/17**.

Newly hired subscribers throughout the year are eligible to take their Health Assessment during the initial 60 days out from their enrollment effective date. (Example: September 1 effective date - subscriber should complete the Health Assessment between 9/1/17 and 10/31/17).

### 2.) **How do I take my Health Assessment on myCigna.com?**

#### If you have already registered for myCigna:

1. Log in at **www.myCigna.com** beginning June 1
2. Go to the "My Health" tab
3. Click on "Take My Health Assessment" in the My Wellness Score tile
4. Follow prompts to complete the health assessment

#### If you have never registered for myCigna:

1. Go to **www.myCigna.com** any time after July 1
2. Register with your Cigna ID or SSN
3. Go to the "My Health" tab
4. Click on "Take My Health Assessment" in the My Wellness Score tile
5. Follow prompts to 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 and blood work?**

You do not need to enter biometric data. Instead, choose the "I don't know" button for those fields.

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

No, only the subscriber needs to take the Health Assessment annually to activate the Choice Fund.

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

1. Log in to **www.myCigna.com**
2. Click on "My Health" tab
3. The "My Wellness Score" tile will reflect your latest score and the date you last completed the health assessment
4. Click on "Take my Health Assessment", to verify your health score or access your "History" or "Report."
5. You may even Print your "Report" or "Confirmation Number", if you so choose.

### 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. Please note, Choice Fund dollars will not show as being loaded before the effective date of 7/1/17.

If you have any questions regarding registration for myCigna or completing the Health Assessment, please do not hesitate to contact myCigna at 1-800-284-8346!