

## 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)?**

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 and 7/31**.

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

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

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

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

If you have already registered for myCigna:

1. Log in to **www.myCigna.com** beginning June 1
2. Hover over the "Wellness" tab
3. Click on "My Health Assessment"
4. Follow prompts to complete the health assessment
5. We recommend emailing the confirmation number to your email address

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. Hover over the "Wellness" tab
4. Click on "My Health Assessment"
5. Follow prompts to complete the health assessment
6. We recommend emailing the confirmation number to your email address

**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. Under the tile "My Health" your Wellness Score and the date you last took the Health Assessment will be shown
3. Click on "View my incentives" link to also confirm date

**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.

If you have any questions regarding login information for your myCigna account, please call Cigna at 1-800-284-8346. If you need help in completing your Health Assessment, please do not hesitate to contact Cigna at 1-800-244-6224!