

Rules for Health Assessment Incentives

1. One of the following **must** apply to qualify for an incentive:
 - Enrolled in one of the County's Cigna Medical Plans (HMO or PPO).
 - Enrolled in the County's Kaiser Permanente (HMO) Plan.
 - Eligible to enroll in a County Medical Plan, if not currently enrolled.

Note: Bullet number 1 and 2 apply to those employees enrolled in a County Plan via another County Employee or Retiree.

2. You must be a:
 - Full-time County Employee; **or**
 - Part-time County Employee (working 15 hours or more a week); **or**
 - Rehire Retiree; **or**
 - Limited Term Grant Funded Employee (Benefit Eligible).

Note: These employees are eligible to enroll in a County Medical Plan.

3. You are not eligible, if you are:
 - A State Employee working at a County Agency; **or**
 - A Temporary Employee from an outside Agency; **or**
 - A 1,000 Hour Employee; **or**
 - A Limited Term Grant Funded Employee (not eligible for benefits); **or**
 - A County Contract or Temporary Employee.

4. To qualify for the Incentive, you **must**:
 - Enter one or more of the Health Screenings (Blood Pressure, Cholesterol, Glucose or Body Mass Index [BMI]) as required by the Health Assessment.

5. How will I be entered in the Raffle?
 - The Benefits Division will receive reports from Cigna and Kaiser outlining the members who have completed the Health Assessment to include entering the required health screening numbers.
Cigna will provide the report for the non-members who are not currently enrolled in a County Medical Plan and are eligible to enroll.
 - Each week the Benefits Division will automatically put you in each week's raffle drawing. **Remember the health screening numbers must be entered to qualify for the raffle.**
 - All participants will be entered in the grand prize drawing.

6. How do I complete the Health Assessment? *
 - Kaiser Permanente Members:
 - Go to kp.org/tha

- Click “Start Health Assessment”
- Sign in using Kaiser Permanente user name and password
- If you are new, click “Register for an account”
- Cigna Members:
 - Go to www.mycigna.com
 - If you are new to the website, click on “Register Now”
 - Click on “My Health” tab to begin.
- Non-members (*Not currently enrolled in a County Medical Plan, but eligible to enroll*):
 - Click <https://my.cigna.com/?token=3330041>
 - Click “Register Now”
 - Enter your personal information then click “Next”
 - Click “Subscriber SSN”
 - Click “Next”
 - Fill in the form to create your User ID and password then click: “Next”
 - Review “User Agreement” then click “I agree”
 - Click “Get Started”

Note: Employees enrolled in a County Medical Plan via another County Employee or Retiree will use the steps for the Medical Plan (Kaiser or Cigna) they are enrolled.

*If you have completed a health assessment during the period January 1, 2018, through November 26, 2018, and you have entered your health screening numbers, then the Benefits Division will automatically enter you in the weekly and grand prize raffle drawings.

Note: The Internal Revenue Service requires the County to tax you on the value of the gift. The Benefits Division will require you to complete the Form for taxation.