

LOYOLA'S FY20 WELLNESS PROGRAM—REMINDER!

If you enrolled in a Cigna medical plan in FY20, make sure you complete the wellness steps to save money on your medical premiums!

Employees and their spouses/LDAs insured under the Cigna medical plan can qualify for reduced medical plan premiums by completing the wellness steps outlined below. You and your covered spouse/LDA must complete the following within the specified time frame in order to qualify (note: children enrolled in the plan are not required to complete these steps):

- **Step one:** Obtain an annual physical (completed within the past 12 months or by October 31, 2019)
- **Step two:** Obtain the below at your annual physical and use the data to complete the online Health Assessment on MyCigna:
 - Height
 - Weight
 - Body mass index
 - Blood pressure
 - Blood sugar (glucose)
 - Blood cholesterol

When is the deadline to complete the wellness steps?

- **Current employees who enrolled during Open Enrollment:** Your annual physical must have been completed within the last 12 months or by 10/31. With your physical completed, register or log on to myCigna.com and complete the wellness program steps as outlined below between July 1, 2019 and October 31, 2019.
- **New hires:** Your annual physical must have been completed within the last eight months or within 120 days of eligibility. If you do not complete the requirements by the deadline, the “non-wellness” rates will go into effect on the first of the fifth month following date of hire.

Completing your wellness steps on myCigna.com

Achieving your wellness steps just got easier! Simply obtain the information stated previously at your annual physical and use the data to complete the online Health Assessment on the myCigna.com portal. Once you have registered on myCigna.com, click the Wellness tab to complete your wellness steps, as shown below:

Step-by-step instructions

1. Log on to MyCigna.com
2. Click on the “Wellness” tab at the top right of the page
3. Click on “Incentive Awards”
4. Choose “Start Earning Awards” at the bottom on the page
5. Choose “Complete my Health Assessment” or choose “Report my goal activity” and enter the date of your Annual Physical

Instructions on how to access the myCigna website can also be found online at www.loyola.edu/departments/hr/benefits. If you have questions or need assistance please contact PSA Benefits Customer Service at 1-877-716-6618 or the benefits and wellness unit at x 1365 or x 1368.

