



What is a Health Assessment?

The health assessment (HA) is an easy-to-use questionnaire about your health and well being which takes about 15 to 30 minutes to complete. The questionnaire asks you about your satisfaction with your life and job, your safety habits (such as using a seat belt), your stress levels; your family history and how you feel about your overall health. It requests basic biometric information such as your weight, blood pressure and cholesterol level.

Why is taking the Health Assessment Important?

The health assessment considers all aspects of your health – your family history, any illnesses you’ve had and any other lifestyle issues. This means that it can predict future health issues fairly accurately. When you have this information, you have more control and can start making simple changes to improve your health.

How can I be sure my data is held confidential?

Martin County School District has signed a confidentiality agreement with CIGNA Healthcare. CIGNA Healthcare will be administering the entire process and no one inside MCSD will be apprised of any data on any employee. *MCSD will only be given names of those that completed the HA for the purpose of the drawings and luncheon.*

Are there any incentives for me to participate?

While the health assessment is a great tool to improve and maintain your health, we feel that you should be rewarded too. So, all employees that complete the HA by the deadline of November 21, 2008, will be entered into a drawing for either a Sonicare Toothbrush or an iPod Shuffle. Furthermore, the school or site that has the most participation, will also receive a luncheon catered by TooJay’s for the employees that complete the online HA.

How do I access the Health Assessment?

It’s easy. Just log in to www.myCIGNA.com using your User ID and Password, select the “MY PLANS” tab near the top of the page, and then select the “Take my health assessment” link to the right of the page under “I want to...” Need to register for our site? Select the red “Register” button and follow the instructions. Need help? Just call the number on the screen and someone will guide you through the registration process.

Will completing the health assessment increase my health insurance rate or cause my insurance to be cancelled?

No. Completing the HA will not increase your insurance rate or cause your insurance to be cancelled because CIGNA is only permitted to use individual health assessment data for the purpose of confirming an individual’s eligibility and for administering health improvement programs available to that individual. These requirements are explained in CIGNA’s Privacy Statement which is presented to every individual to acknowledge in writing before being permitted to take the health assessment.

The deadline to complete a Health Assessment is November 21, 2008

Will completing the health assessment cause a claim to be denied because of a pre-existing condition?

No, the information from your health assessment is not used to determine whether a claim will be paid or denied. It is used to assess the level and nature of an individual's health risks, provide recommendations for improved health and to determine whether a wellness or other health program might be helpful to you.

What happens after I complete the Health Assessment?

After completing the HA, your answers are analyzed and you will receive a wellness score based on how you average compared to people in your gender and age group. Don't worry if your numbers are not what you hoped for. You can update the assessment whenever you make a change to your health. You'll be surprised how just a few simple changes can improve your wellness score significantly.

You will also receive the recommended next steps to help you get started on a path to better health. Based on your responses you may also receive a web invitation to join one of CIGNA's Online Health Coaching Programs for the support you need to get healthy and stay that way. Joining is easy and there is no cost to you!

You can even print a summary of the report to take to your next doctor's visit. Use it to ask your doctor questions and to learn more about your health. With more information, you can take control and make simple changes to improve your health.

Other FAQ's

- **Can I participate if I am not on Martin County School District's health plan?**

No, you must be an enrolled employee and 18 years of age or older to participate in the completion of the CIGNA Healthcare HA.

- **Can my dependents participate in this process?**

Not at this time, in the future we hope to be able to include the ability for dependents to complete the HA.

- **Will an insurance carrier receive any data from my HA?**

Yes, CIGNA Healthcare will receive and retain all information provided and will keep it confidential.

- **Will my supervisor receive any of my data?**

Absolutely not. Under no circumstances will any one other than you receive your personal health data.

- **Who can I contact if I have any questions?**

Onsite CIGNA Healthcare Representative – Vanessa Leyland from 12:30 p.m. to 5:00 p.m. at (772) 219.1200 x 30313 or by email at Vanessa.leyland@cigna.com.

On behalf of the Martin County School District, we encourage you to take part in this online CIGNA health assessment. It is one of the most important steps you can take towards BUILDING A HEALTHY LIFESTYLE. After completion, you will be eligible for the prize drawing and your school or site will be eligible for the luncheon. Don't forget! You only have until November 21, 2008.

