

healthy life

How to Complete Your Validated Biometric Screening

Thank you for participating in the 2015 Healthy Life Incentive program. Completing your online health assessment at myCigna.com and submitting validated biometric results are the prerequisites to earning 2015 incentives.

- Employees and covered spouses/partners enrolled in the Cigna Medical Plan must submit biometric screening results from January 1, 2014 through December 31, 2015 and complete the online health assessment at myCigna.com January 1, 2015 and December 31, 2015 to qualify for earning 2015 incentives.
- Biometric results must include: **blood pressure, total cholesterol and height/weight or BMI**. All results are confidential.

1) Complete Your Form

- Fill out the Patient Information Section and sign.
 - **Please note:** biometric results from January 1, 2014 or more recently that were previously submitted, do not need to be re-submitted.
- Schedule an appointment (unless you had one since January 1, 2014 or more recently)
 - Healthy Life Care Center the clinic staff will submit the information for you (available to spouses/partners in Chattanooga and Scranton clinics)
 - Primary care doctor as part of a wellness visit or annual physical
 - Specialist visit If currently under the care of a specialist and have results that satisfy the biometric requirements
 - Health fair Such as onsite screenings with Summit Health
 - Other providers (e.g. convenience care) Call to confirm, as these centers are not always equipped to provide the all service you need
- Have your health care professional complete the Health Measurement Section.
 - If you use Quest or LabCorp for lab tests (e.g. cholesterol), only your blood pressure and height/weight or BMI will need to be provided on the form. *Please note: you need a prescription for lab work from your doctor to use Quest or LabCorp. Walk-ins are not accepted.*
- Have your health care professional complete the Physician Information Section and sign. Make sure you sign the form as well.

2) Submit Your Form

- Forms can be submitted online at <u>mycigna.com</u>. Log in to <u>mycigna.com</u>, select *Incentive Awards Program*, and look to the right side of the page for electronic upload feature.
- Forms can be mailed or faxed to the address at the top of the **Biometric Validation Form**.
- If your form is incomplete, it will be mailed back to you within two days of receipt explaining what's
 required for completion.
- 3) Learn more about earning incentives at <u>www.cigna.com/healthylife</u>. Questions? Call Cigna Customer Service at 1-888-992-4462.

BIOMETRIC VALIDATION FORM

Instructions for patients and health care professionals

FAX:

3 4 5

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Forms may be sent by:

MAIL: Cigna Customer Service

1.877.916.5406

"CONFIDENTIAL"

ONLINE: Electronically upload your form at myCigna.com

PO Box 5201-5201

Scranton, PA 18505

Enter on the fax cover sheet:

Marking instructions

ABCDE12

Shade like this

Not like this

- > Print a copy of this form and bring it with you to the doctor's office.
- Fill out the Patient Information section. Answer every question.
 Form cannot be processed if incomplete.
- > Your doctor, or other health care professional, should fill out the Wellness Screening Information section.
- > Please be sure to write clearly, sign and date the form. Forms without a signature and date are incomplete.
- > If you have any questions, please call 888.992.4462.

PATIENT INFORMATION

Relationship: Subscriber O Spouse/domestic partner O	Dependent O	Gender: Male O Female O
Patient's First Name MI	Patient's Last Name	
Street Address, Apt Number, PO Box		
City	State	Zip
Patient Date of Birth		
MM DD YYYY Preferred Telephone	Number	
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Your Privacy is important: The privacy of your health information is important to you and to Cigna. We commit to protecting your personal health information. We ensure our practices comply with privacy laws, including the Health Insurance Portability and Accountability Act (HIPAA).

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