








Premium Points



Achievement of 5 Wellness Points = \$0 Premium Cost for CHF Plan or Lowest Premium Cost for CHF+ Plan

There are seven goals. For each goal met, you will be awarded one point:

Earning 1 Point Each!

<p>1</p>  <p>Complete the online Cigna Health Risk Questionnaire (HRQ)</p>	<p>2</p>  <p>Complete one preventive dental cleaning/exam</p>	<p>3</p>  <p>Achieve a Body Mass Index (BMI) of less than 30 OR: A weight loss of 5% as compared to the last weight recorded with Cigna*</p>	<p>4</p>  <p>Achieve total cholesterol of less than or equal to 239 mg/dl*</p>	<p>5</p>  <p>Achieve a fasting blood sugar of less than 100 mg/dl OR: Achieve a non-fasting blood sugar of less than 140 mg/dl*</p>	<p>6</p>  <p>Complete an onsite clinic visit OR register with MDLIVE for telehealth services.**</p>	<p>7</p>  <p>Complete one or more of the following: Preventive annual physical (with your Primary Care Physician or OB/GYN) Preventive colon cancer screening (age 50+) Preventive mammogram (age 40+) <i>Note: Onsite visits do not qualify for earning a point in this category.</i></p>
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Employees need to earn **5** points by **September 30th, 2021** in order to receive the lowest premium rate in 2022.

*If you choose to, you may seek an alternative method through a Cigna Health Advocate at 1-800-237-2904.

** You may only register/earn point one time.

*For employees hired between 4/1 and 12/31, deadline to earn points is Sept 30 of the following year