



## IT'S TIME TO TAKE YOUR ANNUAL HEALTH ASSESSMENT

Complete your annual Health Assessment **between Nov. 1 and Dec. 18, 2015** and save \$200 to \$600 off your medical expenses in 2016.

Every year, the Trust offers Group Health participants an incentive to complete a Health Assessment. The Health Assessment is a quick, easy and confidential questionnaire that will help you evaluate and track your health from year to year.

Take your Health Assessment between Nov. 1 and Dec. 18, 2015, and your annual deductible in 2016 will be **\$200 less for individual coverage and up to \$600 less for family coverage**, than if you do not take it. The Health Assessment is:

- **Quick** – Completing your Health Assessment takes 15 to 20 minutes.
- **Confidential** – To protect your privacy, the Health Assessment is administered by Cigna via [mycareallies.com](http://mycareallies.com). Your individual results will never be shared with the Trust, your employer or union.
- **Useful** – your Health Assessment will give you immediate results you can use to start improving your health today.

*Please note: This year you are not required to select or confirm your Primary Care Provider to receive the incentive. Also, if you have an eligible spouse or covered domestic partner, you both must take the Health Assessment by Dec. 18, 2015 for either of you to receive the incentive.*

## HOW TO TAKE THE HEALTH ASSESSMENT

All you need to have on hand to take your Health Assessment is your (or if you are the spouse, the employee's) social security number. If you have other health-related information like blood pressure or cholesterol, it would be helpful to gather them in advance so you can get a more accurate result.

Visit [www.cigna.com/wateamstersgrouphealth](http://www.cigna.com/wateamstersgrouphealth) to get started:

1. **Register** to set up your account by clicking "I need to register"
2. **Create** a short personal profile (this is where you'll need the employee's social security number)
3. **Follow** the prompts to take the Health Assessment
4. **Submit** your assessment and see your results by clicking "Save and view report"
5. **Receive** your incentive in 2016

If you have any questions or need assistance taking the Health Assessment, please call Cigna at **(800) 838-8792**.

### A NEW HEALTH ASSESSMENT

This year and going forward, Cigna will administer the Health Assessment for all Trust participants. The website you visit to take the assessment, and the assessment itself, will look different, but the annual savings incentive will stay the same.



*If you would like to request a paper version of the Health Assessment please call the Trust at (800) 458-3053.*