

HEALTHY ACTIONS MEDICAL PLAN UPDATES



→ COMPLETE ACTIONS BY OCTOBER 31, 2021

Earn 350 points from the list below to be eligible for the Healthy Actions Medical Plan 2022-2023. Healthy Actions must be completed by the insurance-eligible employee every year. Covered dependents are not required to complete the actions

Step 1: Required Action - Do This First (100 Points)

Complete your Cigna Online Health Assessment at MyCigna.com

Step 2: Your Choice Actions

Complete a variety of actions from the list below to earn at least 250 points. Complete details on every option are available at wellathctx.com and MyCigna.com

25 PTS

- Get a flu shot
- Get a mammogram (preventive exam)
- Get an annual OB/GYN exam (preventive exam)
- Get a colon cancer screening (preventive exam)
- Get a prostate cancer screening (preventive exam)
- Complete a routine dental cleaning, max 2
- Complete a routine vision exam (self-reported)
- Attend a County-coordinated wellness training class (self-reported), max 4
- Attend a County-coordinated fitness class (self-reported), max 4

150 PTS

- Earn 20 stars within Cigna Apps & Activities (4 week minimum)
- Complete the Prudential Financial Wellness Series (3 classes total)
- Complete the Recovery 21: Building Your Resiliency Series (4 classes total)
- Participate in the Cigna Fitness Challenge (6 week minimum)

200 PTS

- Get certified in Mental Health First Aid training (8 hours)

250 PTS

- Complete 9 lessons of the Cigna Diabetes Prevention Program (9 of 26 lessons)
- Achieve a goal in 1-on-1 Health Coaching (4 week minimum)
- Complete a Cigna Coach-led 10WK Program (Why Weight, Diabetes Prev. or Simplify)

50 PTS

- Complete your biometric screening that includes a cholesterol and/or glucose measurement
- Get a routine physical (preventive exam)
- Finish the Harris County Employee 5K

TOTAL POINTS NEEDED = 350

Check Your Status

All of the wellness program providers as well as our insurance companies (Cigna for medial and dental actions; Davis for your vision exam) report your Healthy Actions for you, usually within 60 days. Check your status by logging into MyCigna.com and selecting Healthy Actions Medical Plan under the Wellness tab.



**Visit wellathctx.com
for more details.**