

# City of Houston new hire health assessment FAQs

All city employees who subscribe to a city CIGNA health plan are required to take a health assessment, or they will pay an additional \$25 a month on medical contributions. Taking a health assessment is a great way to learn more about your overall health and track your health over time. Review the following FAQs to learn more.

## When do I need to complete the health assessment?

New hires have 90 days following the start of their health coverage to take the health assessment.

## What do I need to complete the health assessment?

To complete the health assessment, you need the following biometric information: your blood pressure, total cholesterol, HDL cholesterol, height, weight and waist circumference. This data must be no older than 6 months and **you must complete all fields with actual numerical data**. If you choose, good/normal, etc., your health assessment will not count towards avoiding the surcharge.

## What if I don't have biometric information?

You should make an appointment with your doctor for your well-man or well-woman visit. These visits are offered at no charge in all CIGNA plans.

## Where can I find the health assessment?

Log on to [www.mycigna.com](http://www.mycigna.com) and click on "Take my health assessment."

## What about my privacy?

The health assessment is completely confidential and administered by CIGNA. CIGNA will use the data to target individual health improvement programs to participants. The city of Houston will not receive any personally identifiable information, only a summary report.

## Who is required to take the assessment?

Only active employees who wish to avoid the \$25 a month surcharge are required to take the health assessment.

## What happens if I don't take the health assessment within 90 days of my coverage start date?

You will begin paying an additional \$25 a month in medical contributions.

## Health assessment tools

Visit [www.houstonhumanresources.org](http://www.houstonhumanresources.org) for:

- \* Registration instructions for [mycigna.com](http://mycigna.com)
- \* Registration instructions for my health assessment
- \* Step-by-step registration demo
- \* CIGNA's my health assessment brochure
- \* Health assessment FAQs

**Contact us at [benefits@houstontx.gov](mailto:benefits@houstontx.gov) for questions or concerns about the health assessment**

