LPR Construction Co. 2016 Health Risk Assessment Instructions

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| Earn your Wellness Credit of $50/month by completing your Health Risk Assessment (HRA) Online. If you have a spouse covered on the plan with you, they must complete the online assessment as well in order for you to earn the $50/month credit. Once you have your completed Physician’s form from your doctor at your annual physical and you have submitted it to *Preventive Health Now,* follow instructions below to complete your HRA. You will begin receiving the $50/mo. credit on your premiums the 1st of the month following your completion of the HRA. cid:image006.png@01CF20F2.4ADA03D0

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| 1. Log onto [www.mycigna.com](http://www.mycigna.com)
2. You will be presented with the log in page, if you have already registered on myCigna.com you can go ahead and log in with that login info.  If you are a first time user you will need to Register first.
3. Click on the “My Health” tab at the top of the page after you log in

4.       Click on the blue “GET STARTED” button on the “TAKE YOUR HEALTH ASSESSMENT” box5.       You will then be directed to complete health survey, have your form from your physical handy to use the numbers from it in the survey. If you experience any trouble completing the assessment, please contact HRDana Hohn (970)203-2585 dhohn@lprconstruction.com |
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