

## Facts about the Personal Health Screenings for Employees:

Q: What is a Personal Health Screening?

A: It is important to "Know Your Numbers" for your personal health. These are important measures of a person's health status and include a private process to get the measurements of a person's height, weight, blood pressure, cholesterol: total and HDL (healthy), waist circumference, and blood glucose.

Q: When is this happening?

A: This is starting October 1, 2013 through December 31, 2013.

Q. Will the test cost anything?

A. No, this test is part of your Cigna medical plan and will be coded as Preventive and therefore there is no cost to you.

Q: What do I need to complete in order to earn my incentive?

A: Employees will need to complete a Personal Health Screening so that they can complete the online health assessment. If you have had a physical within the last 12 months, you may use your doctor's information to complete the online Health Assessment at [myCigna.com](http://myCigna.com).

Q. Why should I participate in this screening?

A: There are many good reasons to participate in this program. You will be able to:

- 1.) Find out what your 'health risks' may be (blood pressure, cholesterol levels, glucose, etc.). You cannot tell if a person is at risk just by looking at them.
- 2.) Identify potential health risks
- 3.) Get your results on the spot

- 4.) Speak with a Health Coach about your results
- 5.) Helps the City know where to spend their wellness dollars
- 6.) Long term, as people know their numbers and make healthier choices when they are ready to change a behavior that is causing risk, may reduce claims trend over time.

Q. Is fasting required?

A. No but suggest a reasonable approach to what you eat before hand, like low sugar use or low fat foods, hold off, perhaps, but your decision

Q: What will happen with my Personal Health Screening data? Who will have access to my personal data? How is my confidentiality protected?

A: Cigna has chosen Summit Health as the vendor for the City of Tucson's Personal Health Screenings. Important: the City will NOT have access to ANY individual data that is HIPAA protected. The City will use the aggregate data (summary information) provided by Cigna to understand the overall health trends of our employees. This summary will help the City of Tucson and Cigna to provide enhanced health & wellness services to better meet employees' needs. Cigna and Summit Health follow strict privacy laws and may be liable up to \$25,000 per incident, so privacy is taken very seriously.

Q. What type of equipment is used for the screenings?

A. The Cholestech LDX machine will be used. Some employees have voiced concerns over the type of testing that will be performed. We encourage you to look this machine up online using a Google or other browser search, and it will show you that the City cannot use this machine for other testing such as drug screening, etc. We encourage anyone to go on line if they would like to know more about the machine being used, and will see, we are testing ONLY for what we say we are testing for. You will also be able to also see the cassette that houses your drop of blood thrown away after your screening is completed.

**Q: Is the City of Tucson offering Incentives?**

**A:** Yes. Employees will need to complete a Personal Health Screening and complete the online Health Assessment at [www.mycigna.com](http://www.mycigna.com) in order to receive an incentive. There is one exception; if you have had a physical within the last 12 months you may use your doctor's information to complete the online Health Assessment at [myCigna.com](http://myCigna.com). The Health Assessment is the marker for getting the Incentive. We are hoping for 100% participation by all Cigna covered active employees.

**Q. Who actually performs the screening and how are they credentialed?**

**A.** The onsite screening is conduct by Summit Health, a qualified provider for Cigna.

**Q. Do I get my results the same day?**

**A:** Yes, you will receive all of your screening results right away, and you will be able to speak with a health coach about those results before you leave with your personal data card in hand. The entire process takes 15 to 20 minutes.

**Q. What about privacy and protecting participants' personal health information?**

**A.** The Health Insurance Portability and Accountability Act (HIPAA) protects your personal information. The City will get a summary and no individual information so they can focus the wellness dollars, provided by Cigna, in the right areas for 2014 planning. For example, if the majority of people are experiencing stress or high blood pressure, or desire to improve physical activity or lose weight, that will be where the wellness dollars will focus.

Q. Will this screening impact my insurance premiums?

A. No. An individual's Health Assessment and Screening information is protected by HIPAA and will not be used for determining insurance premiums. By law, Cigna cannot use this summary information for medical underwriting, which means that regardless of the City's overall health risks discovered through this Health Assessment and Screening, Cigna cannot use this information to increase or decrease the premium that the City pays. What this will do for the City is encourage employees to participate in preventive health screenings early and live a healthier life, which can decrease the overall medical spend and potentially decrease the amount the City has to pay for health insurance for employees and retirees.