



## Preventive Gatekeeper Goals

1. Employees **and** spouses must complete the Health Assessment in [myCigna.com](https://myCigna.com)
2. Employees must complete an annual well physical preventive exam with your PCP **or** an annual well woman preventive exam
3. Employees must complete physician ordered lab work **or** Onsite Nurse biometric screening
4. The completion of the THRIVE or Choose One program will count toward the gatekeeper goals, satisfying the well visit physical or well woman annual exam, and the lab work goals.

### 1. Health Assessment Goal

- The health assessment is required for employees and spouses to complete to unlock all incentive points.
- Incentive points are not awarded for completing the health assessment.
- Once enrolled in the County's medical plan and benefits have been processed, you will be able to create an account on [myCigna.com](https://myCigna.com) to complete the assessment.
- After completing the assessment, it may take up to 7 business days for the points to be awarded.
- You may take the assessment as many times as you like but will need to complete every category each time for this to be marked complete.
- Watch video on the [myOCWellness page](#) to find out how to locate and complete the Health Assessment.
- Steps to complete the Health Assessment:
  1. Log-in to [myCigna](https://myCigna.com)
  2. Hover over the **Wellness** tab
  3. Click **Health Assessment**.
  4. Select **Take My Assessment**.
  5. Read the **Welcome** screen and select **Next** to begin.
  6. Read and select **I Agree** to the Privacy Statement.
  7. Select the answers to your **Gender, Race, and Date of Birth** and hit **Next**.
  8. Complete all 5 categories by answering all questions. You will receive a **Congratulations** screen indicating the completion of each category.
  9. You may **Save and Exit** the Health Assessment at any time but be aware that you may need to repeat incomplete categories.

- The Health Assessment will timeout after 15 minutes of inactivity.
  - If you **Save and Exit** the Health Assessment, your progress will be saved for 7 days. If you access the Health Assessment again after the 7 days, you will need to start over.
10. Once you have completed the Health Assessment, you will receive a score. This score indicates that the Health Assessment has been marked as complete, it does not have any effect on your incentives. You will also be presented with topics you may find helpful to improve your health and well-being based on your answers in the assessment.

- The Health Assessment can be completed each year, and at any time during your incentive period.
- The assessment is a tool to gauge just for you and shares the information on what you need to work on in your personal health and wellness. The results of your health assessment are confidential and will not be shared with anyone.

## 2. Annual Physical Preventive Exam OR Annual Well Woman Preventive Exam

- **Annual physical preventive exam**
  - This is when your Primary Care Provider (PCP) checks all areas of your health—physical, as well as emotional. This can help detect any health concerns early, before they become major medical problems.
  - Correctly coding preventive care services is essential for receiving credit for the incentive points.
  - Your provider will use CPT coding designated as “**Preventive Medicine Evaluation and Management Services**” to differentiate preventive services from problem-oriented evaluation and management office visits.
  - Need a referral? [OCNurse@Adventhealth.com](mailto:OCNurse@Adventhealth.com)
  - For assistance with locating an in-network PCP, call 1-800-244-6224, or log into [www.myCigna.com](http://www.myCigna.com)
- **Annual Well Woman Preventive Exam**
  - Well-woman visits include a full checkup, separate from any other visit for sickness or injury. These visits focus on preventive care for women.
  - Correctly coding preventive care services is essential for receiving credit for the incentive points.
  - Your provider will use CPT coding designated as “**Preventive Medicine Evaluation and Management Services**” to differentiate preventive services from problem-oriented evaluation and management office visits.
  - Need a referral? [OCNurse@Adventhealth.com](mailto:OCNurse@Adventhealth.com)
  - For assistance with locating an in-network PCP, call 1-800-244-6224, or log into [www.myCigna.com](http://www.myCigna.com)

### 3. Annual Physician Ordered Lab Work OR Onsite Nurse Biometric Screening

- **Annual Physician Ordered Lab Work**
  - Blood tests are common and can help doctors check for many conditions and diseases, as well as how well your organs are functioning and how well treatments are working.
  - Lab work completed at Quest or LabCorp will automatically be reported via Cigna claims
  - Lab work or biometrics completed anywhere other than Quest or LabCorp, employees must upload the Wellness Screening Form on [myCigna.com](https://myCigna.com).
    - Print Wellness Screening Form
    - Take the form to your appointment
    - Form must be completed and signed by the administering nurse or provider
    - Upload form on your [myCigna.com](https://myCigna.com) portal
- **Onsite Nurse Biometric Screening**
  - Complete onsite biometrics with the Wellness Team's AdventHealth Centra Care nurses during their scheduled visits.
  - The nurse needs to complete the downloaded Wellness Screening Form found in your [myCigna.com](https://myCigna.com) portal.
  - You will then submit the completed and signed form to ensure your biometrics are received.

▼ Wellness Screening

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**Biometric Health Screening**  
Know your numbers with a personalized biometric screening that includes; blood pressure, cholesterol, blood sugar and body mass index (BMI).

Have a full biometric screening completed by your doctor, a contracted lab vendor, at an onsite screening, or through an MDLive Wellness visit.

The Wellness Screening Form can be completed and submitted to ensure your biometrics are received.

[Download the Form](#)

- Upload form on your [myCigna.com](https://myCigna.com) portal

### 4. THRIVE or Choose One Program

The completion of the THRIVE or Choose One program will count toward the gatekeeper goals, satisfying the well Annual Physical Preventive Exam or the Annual Well Women Preventive Exam Well woman annual exam, and the lab work goals.

- **THRIVE Program**

<https://www.adventhealth.com/hospital/adventhealth-orlando/diabetes-institute>

Call: 407-303-2720

Email: [cfd-s.diabetes.care.program@adventhealth.com](mailto:cfd-s.diabetes.care.program@adventhealth.com)

- **Choose One Cardiovascular Program**

<https://www.orlandohealth.com/campaigns/choose-one>

Call: (407) 407-3046

Email: [ChooseOne@OrlandoHealth.com](mailto:ChooseOne@OrlandoHealth.com)

Questions: [Wellness@ocfl.net](mailto:Wellness@ocfl.net)

