



## STATE HEALTH BENEFIT PLAN KEEPING THE WELLNESS PROMISE 2012 REQUIREMENTS

### Who should keep the Wellness Promise?

- SHBP members and their spouses (if covered)

### What are the requirements of the Wellness Promise?

- **Complete the online health assessment and obtain a biometric screening**
  - Each member (and covered spouse) must complete their selected health care vendor's online health assessment through either Cigna at [www.mycigna.com](http://www.mycigna.com) or UnitedHealthcare at [www.myuhc.com](http://www.myuhc.com). This must be completed between January 1, 2012 and June 30, 2012.
  - Each member (and covered spouse) must obtain a biometric screening between July 1, 2011 and June 30, 2012, which includes 4 metrics: blood pressure, body mass index, cholesterol and glucose.

### Where do we get a biometric screening?

- At a SHBP-sponsored biometric screening event, or
- At a doctor's office

### When must we have the biometric screenings completed?

- Between July 1, 2011, and June 30, 2012

### Steps for physician's completion of the form

- You will need to download the "physician screening form" available at [www.mycigna.com](http://www.mycigna.com), [www.myuhc.com](http://www.myuhc.com) and [www.myshbp.ga.gov](http://www.myshbp.ga.gov) and take the form to your physician.
- Have your physician complete the form and fax securely to your health care vendor, Cigna or UnitedHealthcare in accordance with the directions on the form.
- The deadline for receipt of the physician screening form showing the biometric screening results is June 30, 2012. *Please plan ahead: Allow two to three weeks for the processing of the lab results and for the completion and faxing of the form by your physician's office.*

### Steps for attending a SHBP-sponsored biometric screening event

- Visit the [www.dch.georgia.gov/shbp](http://www.dch.georgia.gov/shbp) website. Click on the link to Wellness then SHBP-Sponsored Biometric Screening Schedule and Registration Links.
- Register for an appointment (allow about 30 minutes for the appointment).
- Once your screening has been completed at the event, you will receive the results at the event. Your records with either Cigna or UnitedHealthcare will be updated within 60 days.