

### WHAT'S NEW THIS YEAR?

For the 2018 biometrics administration, we will use an on-line scheduling system. Please follow the below directions to register and schedule your appointment.

1. Visit <https://my.questforhealth.com>
2. In the "Create Account" box, use the registration code **MeckCo2018**
3. Click "Register Now"
4. Review and accept the terms of agreement
5. Confirm your eligibility by entering the requested information into the system
  - a. SSN
  - b. Date of Birth
  - c. Relation = Employee
6. Create an account or if you've already created an account, log in using you existing account information
  - a. Use the "Forgot username or password" link if the system indicates you have an account but you are unable to locate your login information
7. Once you are logged into the Quest Diagnostics system, please complete the personal health survey (approximately 10-15 questions) and schedule your biometrics appointment

### WHAT CAN I DO BEFORE THE EVENT?

- Register for biometrics (see above instructions)
- Online Open Enrollment
- Online HRA Questionnaire

### WHAT DO I NEED TO BRING?

- Cigna ID Card or Cigna Phone App
- Medic ID badge

### IF I'VE HAD AN ANNUAL PHYSICAL (WELLNESS CHECKUP) OR COMPLETED AN HRA THIS YEAR AS A NEW HIRE, DO I STILL NEED TO COME TO THE HEALTH FAIR AND COMPLETE THE PROCESS?

**Yes.** In the event that you've had a prior screening this year, you must still complete the entire HRA and biometric process during the Health Fair. The aggregate data is used to formulate wellness programs based on our employee population. You will also continue to receive discounted premiums by completing all necessary items during the event

**DO I NEED A FLU SHOT? Yes.** Per policy 2.15, the Agency stresses that we are committed to providing a safe and healthy environment for our employees and community; therefore, flu shots are mandatory barring any medical or religious exemptions

Questions? Please contact [humanresources@medic911.com](mailto:humanresources@medic911.com)

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Open enrollment elections are passive for the upcoming year. It is not mandatory to elect coverages unless you wish to make changes. **If you wish to enroll into FSA, DCA or HA=SA, you MUST log in to complete enrollments for these plans.** Enrollment for all benefits will be online! You may complete through the payroll portal at any time from October 1<sup>st</sup> through November 2<sup>nd</sup>. Computers will be available in the Medic computer lab at the Health Fair to complete this process if needed.

New building, new layout!

- Start at the HR Check in tent; located outside the main breakroom – Pick up your BINGO card
- Vendors will be located in the Auditorium (Classroom 116)
- Biometric screenings will be in Classrooms 117A and 117B
- Flu shots will be administered in the old Scheduling Office area; employees MUST bring their ID badge and CIGNA ID cards or the MyCigna phone app.
- Fit testing will be administered in outdoor Sim Lab 2

### WHAT'S SAME FROM LAST YEAR?

- Employees must complete their biometrics, HRA on-line questionnaire and flu shot (proof of) or declination to receive discounted premiums.
- Biometrics will continue to be administered by CIGNA with immediate counseling after results are produced.
- Flu shots will be covered by Medic if the employee does not have insurance. If you do have insurance through another provider, please bring your ID card.
- Stickers will be given for flu shots. Please remove your sticker from 2017 if possible prior to receiving your 2018 shot and sticker.
- Vendors will be available for employees and their dependents to discuss benefits.
- Dependents may get flu shots if they are 18+ and have their CIGNA ID card.
- Completing the vendor BINGO game cards makes you eligible for raffle giveaways.
- **Only if you have approved time off during the dates of the Health Fair will you be allowed to complete a make-up session. You must notify Jackie Manley at [jacklynm@medic911.com](mailto:jacklynm@medic911.com) by Monday, October 15th at 12:00pm if you have approved leave and cannot make either date for the event, otherwise you will NOT be eligible for the make-up session.**

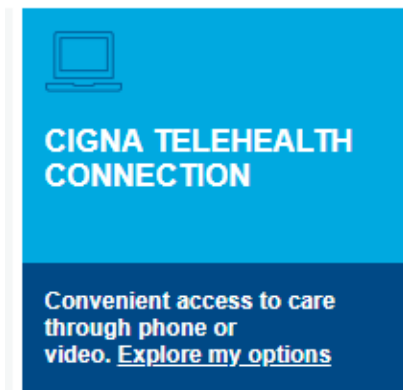
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Health Fair/OE Content

Telehealth is available through [www.mycigna.com](http://www.mycigna.com). 24/7 access to a physician without leaving home! Use any smartphone, tablet or computer with internet access!

Connect with a doctor about:

Adult Care				
- Acne	- Cold & Flu	- Headache	- Nausea	- Sinus Infections
- Allergies	- Diarrhea	- Infections	- Pink Eye	- Skin Infections
- Asthma	- Earaches	- Insect Bites	- Rashes	- Sore Throat
- Bronchitis	- Fever	- Joint Aches	- Respiratory Infections	- Urinary Tract Infections
Pediatric Care				
	- Constipation	- Cold & Flu		
	- Earaches	- Nausea		
		- Pink Eye		



Talk to a board-certified doctor. Fast, convenient and less expensive than an ER, Urgent Care and in some cases less than your PCP.\*

amwell for Cigna*	MDLIVE for Cigna*
Video Talk to a doctor <a href="#">GET STARTED</a>	Video Talk to a doctor <a href="#">GET STARTED</a>
Translation services available by phone.	Translation services available by phone. Spanish web and mobile available. TTY/TDD Service: Call 711 then enter 800-770-5531.

**Cigna member with the PPO:**

\$25.00 copay per visit

**Cigna member with the QHDHP**

\$49.00 per visit for AmWell

\$45.00 per visit for MDLive