



MEUHP Wellness Ambassador Training

2023-2024 Plan Year

November 7th 10:00 am and 2:00 pm

November 8th 10:00 am and 2:00 pm

Welcome!

Meet your MEUHP Wellness Team



Anne Slentz
MEUHP Wellness Coordinator
and Senior Product Manager

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Tracy Perkins
MEUHP WC Regional Director
and Cost Saver

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Missy Maxwell
MEUHP Group Plans Coordinator
and Cost Saver

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MEUHP's Wellness Ambassador – You're the QB for your District's Program!

Plan your Wellness Strategy for the team

Be the “go to” person for health and wellness events such as biometric screenings and wellness presentations

Encourage challenges – walking / weight loss / healthy recipes – be creative!

Get the word out!



District Incentive Program

Three ways to get wellness money for your district!

- 1 Wellness Grants - \$10 per employee
2. Wellness Education (50% of staff) - \$10 per employee
- 3 Biometric Screenings (50% of staff) - \$15 per employee



Example: District with 50 employees can earn \$1,750 for their wellness committee by completing all three!

1. Wellness Grants

CONGRATULATIONS!

100% of MEUHP Schools

returned their Wellness Grant!

Funds were/will be direct deposited about 4 to 6 weeks after the grant was submitted.

Funds are from Cigna's Health Improvement Fund (***NOT MEUHP funds***)

Wellness Grants Ideas

Fulton

SOTO



<p>Do this:</p> <p>Personalized Online Health Assessment myCigna.com -or- My Cigna App</p> <p>Biometric Assessment (Bloodwork) Wellness Screening Form</p> <p>Annual Wellness Physical -or- OB/GYN visit -or- Cancer Screening</p>		<p>Earn this:</p> <p>\$150 VISA Gift Card</p>
<p>Do this:</p> <p>Top Row Goals</p> <p>Participate in at least three OsaGE CARES Quarterly Challenges</p> <p>Participate in at least four Energize your Monday Endurance Challenges</p>		<p>Earn this:</p> <p>Some sweet SOTO swag + entry in prize drawings</p>

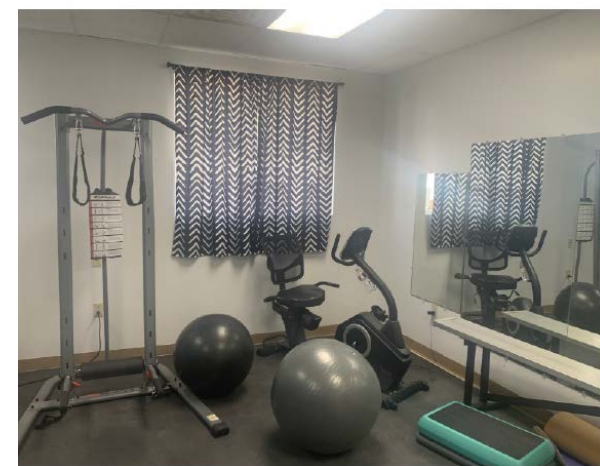
Goat Yoga
Mental Relaxation
Strength Training
Healthy Snacks
T Shirts
Gift Cards
for Challenges
Massage Chairs



Avenue City

East Lynne

Winston



2. Education Session

20 to 30 minute presentation for the staff
Schedule with your RD

Wellness Education includes:

Cost Saver – Unique to the MEUHP

On site screenings

mycigna.com

Virtual Care

Motivate Me Incentives

EAP Program

Patient Assurance Program

Completed for 23-24

Adair R-II

Albany

Ballard

Buchanan Co

Craig

Drexel

Gallatin

Green Ridge

Junction Hill

Lewis Co

Livingston Co

North Mercer

Orrick

Pettis R-V

Pike Co

Rich Hill

Richwoods

Sarcoxie

Strasburg

The more they know, the better!

3. On Site Biometric Screenings

On site screenings – Schedule with your RD

- **Lead time** 10 weeks to schedule (thru Quest)
- No **MINIMUM** requirement
- 15 to 20 minutes per appointment
- MEUHP members receive a \$50 Gift Card
- If BMI is less than 30, \$50 Gift Card
- Screenings covered at 100% - no cost to the member or the District!
- Retirees are also eligible.
- Individual results are confidential – not shared with the district or the MEUHP.



Under 30 employees? Next year we may be looking for local alternatives to Quest due to the high fees.

Immediate results – given to employee



Health & Wellness



Your Results and Definitions

Your Examiner



BMI

NORMAL RANGE: 18.5 to 24.9

SUGGEST FOLLOW-UP

HEIGHT
(feet and inches)

Body mass index (BMI) is an indication of body size and by association, body fat. It is calculated by multiplying your weight in pounds by 703, then dividing by height in inches squared.

A normal range for BMI is between 18.5 and 24.9.

WEIGHT
(pounds)

- Underweight: <18.5
- Overweight: 25.0-29.9
- Obese: ≥30.0



WAIST CIRCUMFERENCE

MALE NORMAL RANGE: <40
FEMALE NORMAL RANGE: <35

SUGGEST FOLLOW-UP

INCHES

Excess weight as measured by BMI is not the only risk to your health; the location of fat on your body determines risk as well. If you carry fat mainly around your waist, you are more likely to develop health problems than if you carry fat mainly in your hips and thighs. This is true even if your BMI falls within the normal range. Women with a waist measurement of more than 35 inches (88 cm) or men with a waist measurement of more than 40 inches (102 cm) may have a higher disease risk than people with smaller waist measurements because of where their fat lies.



WAIST-TO-HIP RATIO

MALE NORMAL RANGE: <0.95
FEMALE NORMAL RANGE: <0.80

SUGGEST FOLLOW-UP

INCHES

HIP CIRCUMFERENCE
(inches)

Waist-to-hip ratio is the ratio of your waist circumference to your hip circumference (calculated by dividing the waist circumference by the hip circumference). Weight concentrated around the middle is often referred to as an "apple" shape, whereas weight concentrated around your hips is referred to as a "pear" shape. In many cases, persons with extra weight located around the middle are at higher risk for diseases such as heart disease and diabetes than those who carry weight around their hips and thighs.



BLOOD PRESSURE

NORMAL RANGE: <120/80

SUGGEST FOLLOW-UP

MMHG

Hypertension, commonly referred to as high blood pressure, is a medical condition in which the blood pressure is chronically elevated. Hypertension has been associated with a high risk of heart attack or stroke.

- A normal value for systolic blood pressure (top number) is less than 120.**
- Pre-Hypertension: 120-139
 - Stage 1 Hypertension: 140-159
 - Stage 2 Hypertension: 160-180
 - Hypertensive Crisis: >180
- A normal value for diastolic blood pressure (bottom number) is less than 80.**
- Pre-Hypertension: 80-89
 - Stage 1 Hypertension: 90-109
 - Stage 2 Hypertension: 110-119
 - Hypertensive Crisis: >110

Table from The American Heart Association. www.heart.org



TOTAL CHOLESTEROL

NORMAL RANGE: <125 to <130

SUGGEST FOLLOW-UP

MG/DL

High cholesterol may put you at risk for heart disease or stroke. Elevated cholesterol levels can be caused by diets high in cholesterol and saturated fats. Genetics or medical conditions such as diabetes, hypothyroidism, kidney disease, liver disease or pregnancy can also raise the amount of cholesterol in your blood. A low cholesterol measurement is one that falls below the range where you are considered at risk for cardiovascular (heart and blood vessel) disease. Decreased levels of cholesterol can indicate malnutrition, intestinal malabsorption, hypothyroidism, chronic anemia, liver disease or other medical conditions.



HDL CHOLESTEROL

MALE NORMAL RANGE: <40
FEMALE NORMAL RANGE: <45

SUGGEST FOLLOW-UP

MG/DL

Elevated high density lipoprotein (HDL) cholesterol is associated with decreased risk of heart disease. Unlike other cholesterol levels, the HDL cholesterol test result is best if it is high. Levels may increase with regular exercise. A low level of HDL cholesterol can be associated with increased risk for heart disease. Genetic factors or conditions including liver disease, malnutrition or hypothyroidism may decrease HDL cholesterol levels. Smoking and drinking alcohol may also decrease your HDL cholesterol level.



TRIGLYCERIDES

NORMAL RANGE: <150

SUGGEST FOLLOW-UP

MG/DL

Triglycerides are fats composed of fatty acids and glycerol. Triglycerides combine with proteins to form particles called lipoproteins that transport fats through the bloodstream. These lipoproteins carry triglycerides from parts of the body that need this energy source. Triglycerides then return to the liver where they are removed from the body. The level of triglycerides in your blood can indicate how efficiently your body processes the fat in your diet. Your triglycerides result is sensitive to fasting. It is recommended to fast for 9-12 hours before your screening for the most accurate result.



LDL CHOLESTEROL

NORMAL RANGE: <100

SUGGEST FOLLOW-UP

MG/DL

Elevated low density lipoprotein (LDL) cholesterol is associated with an increased risk of heart disease. LDL cholesterol often increases with a diet high in cholesterol and saturated fats. For many people, their LDL cholesterol test is based on fasting. Lifestyle choices, including diet, and many medications are effective in lowering the LDL cholesterol level. It is recommended that those with coronary heart disease or diabetes have an LDL cholesterol of <100 mg/dL, and those who have diabetes with heart disease have an LDL cholesterol of <70 mg/dL. LDL cholesterol results are calculated off of the triglycerides result, which is sensitive to fasting. It is recommended to fast for 9-12 hours before your screening for the most accurate LDL calculation. If triglycerides are >400 mg/dL, the estimated LDL will not be calculated and will be reported as not applicable (N/A).



NON-HDL CHOLESTEROL

NORMAL RANGE: <160

SUGGEST FOLLOW-UP

MG/DL

Non-HDL cholesterol is an important measure of heart disease risk that has a stronger relationship with heart disease than any of the individual lipid measurements. Doctors use it primarily as a secondary target. Specifically, if triglycerides are more than 100 mg/dL, after the LDL cholesterol goal is reached, the secondary goal for non-HDL cholesterol (total cholesterol - HDL cholesterol) is 30 mg/dL higher than the LDL cholesterol goal.



TOTAL CHOL/HDL RATIO

NORMAL RANGE: <3.0

SUGGEST FOLLOW-UP

RATIO

The total cholesterol/HDL cholesterol ratio is a calculation obtained by dividing the total cholesterol level by the HDL cholesterol level and is another indicator of heart disease risk. A ratio of 5.0 or less is associated with a lower risk of heart disease. A ratio of less than 3.5 is highly desirable.



FASTING GLUCOSE

NORMAL RANGE: 65 to 99

SUGGEST FOLLOW-UP

MG/DL

Glucose is the chief source of energy for all cells in the body. The test measures the concentration of glucose in your blood to screen for problems with the way your body processes sugar. A high level can indicate a condition where the body is not correctly using or producing insulin, the hormone that enables your body to use glucose. A glucose level above the reference range is called hyperglycemia and can suggest the possibility of diabetes. Stress from surgery or trauma, renal failure, pancreatitis, steroid therapy and other conditions may also increase blood glucose levels. A glucose level below the reference range is called hypoglycemia. Increased levels of insulin, hypothyroidism, liver disease and other conditions may contribute to low blood glucose. Certain medicines such as steroids, insulin and propranolol may also lower blood glucose.



NON-FASTING GLUCOSE

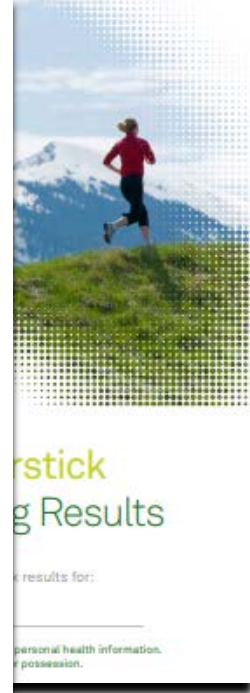
NON-FASTING NORMAL RANGE: <140

SUGGEST FOLLOW-UP

MG/DL

If you did not fast for this screening, use this range to understand your glucose result instead of the standard glucose range. More information about glucose can be found below the standard glucose result.

- Results of <65 mg/dL: A result in this range is low, but by itself is not diagnostic. Repeat testing after fasting may offer a truer picture of your health.
- Results of 65-109 mg/dL: A result in this range by itself is most likely a healthy result but neither diabetes nor prediabetes can be fully included because this was obtained when you were not fasting.
- Results of 140-199 mg/dL: A result in this range may suggest increased risk of diabetes or prediabetes.
- Results of ≥200 mg/dL: A result in this range may be consistent with diabetes if classic symptoms of hyperglycemia (high glucose levels) are present.



Biometric Screenings

Thanks to the 43 Districts with screenings completed or scheduled

Albany	East Prairie	Oran
Alton R-IV	Excelsior Springs	Orrick
Avenue City	Fulton	Pemiscot Special
Ballard R-II	Gallatin	Pettis R-V
Bernie	Gideon	Rich Hill R-IV
Bosworth	Green Ridge R-VIII S	Richwoods R-VII
Calhoun R-VIII	Jefferson C-123	Shell Knob
Cameron	Johnson Co. R-VII	Sherwood Cass
Chilhowee R-IV	King City	Smithton R-VI
Cooper Co.	Leesville	South Holt
Cooter	Miami R-I	Strasburg C-3
Cowgill	Montrose	Sweet Springs R-VII
Drexel	North Daviess	Tarkio
East Lynne	North Platte	Van Buren R-I
		Winston

MEUHP Cost saver program Unique to the MEUHP - *FREE Service!*

Has your physician recommended a test or surgery?

Contact the MEUHP Cost Saver program **BEFORE** you go to see If you can save money **AND** earn an incentive!

You could save on your out of pocket expenses **PLUS** earn up to \$500!

Less than 50 miles:	\$125
50-150 miles:	\$250
Over 150 miles:	\$500

Contact Tracy Perkins

816-489-8869

tperkins@ftj.com



MEUHP Cost saver program Unique to the MEUHP - *FREE Service!*

Examples of common procedures:

Colonoscopy
CT Scan
Joint Surgery
(knee/shoulder/hand)
Knee Replacement
MRI
Ultra Sound

Contact Tracy Perkins

816-489-8869

tperkins@ftj.com



MEUHP Cost saver program

The biggest thing that BLEW MY MIND was the cost difference of nearly \$600!! WHOA!

Thank you cost saver and Tracey for all your help and services!! YAY for COST SAVER!

I have used the cost saver program to have an MRI. It was about half the cost of Lake Regional and I received a gift card for using the program.

The Cost Saver program helped me to find a specialist and get an incentive all at the same time. You couldn't ask for a better deal!





MEUHP Cost Saver Program

Summary 22-23 plan year

251 approved requests

133 requests processed

Over \$30,000 paid to members in incentives in 43 districts!

Estimates BEFORE Cost Saver: \$1,274,384
Actual Costs \$489,661

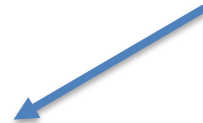
Approximate savings to members and the MEUHP:

\$755,000!

District	# of Incentives	Incentive Amount	Savings
Adair R-II	2	500	\$3,280
Appleton City	4	\$1,250	\$1,010
Avenue City	2	\$375	\$3,918
Ballard	2	\$375	\$11,550
Bernie	7	\$2,250	\$19,454
Blackwater	3	\$375	\$28,099
Brookfield	5	\$1,384	\$4,092
Callao	3	\$750	\$7,230
Centerville	1	\$250	\$16,557
Chaffee	2	\$250	\$558
Clearwater	1	\$250	\$109
Craig	1	\$125	\$103
East Prairie	1	\$125	\$709
Excelsior Springs	18	\$2,875	\$45,368
Fulton	7	\$875	\$8,815
Gideon	2	\$500	\$329
Glenwood	5	\$3,359	\$32,758
Green Ridge	6	\$1,636	\$3,854
Hayti	1	\$250	\$265,008
Johnson Co	1	\$125	\$909
Junction Hill	3	\$400	\$4,556
Kelso C-7	1	\$125	\$131
Lewis Co	2	\$500	\$218

District	# of Incentives	Incentive Amount	Savings
Malden	1	\$250	\$371
Montrose	2	\$500	\$250
North Platte	1	\$125	\$5,588
Oak Ridge	1	\$125	\$1,101
Orrick	1	\$125	\$3,127
Otterville	3	\$750	\$403
Pettis R-V	3	\$750	\$27,298
Phelps Co	2	\$500	\$11,088
Pleasant Hope	1	\$125	\$98
Ralls Co	1	\$250	\$2,083
Rich Hill	2	\$375	\$21,756
Sarcoxie	1	\$250	\$3
School of the Osage	15	\$2,875	\$21,914
Seanath Hornersville	7	\$1,750	\$206,245
Shell Knob	3	\$625	\$1,340
Sherwood Cass	1	\$125	\$90
Strasburg	1	\$250	\$145
Twin Rivers	5	\$1,250	\$10,852
Van Far	1	\$250	\$667
Wellsville Middletown	1	\$125	\$567
West Plains	5	\$1,200	\$11,122

WWW.MYCIGNA.COM



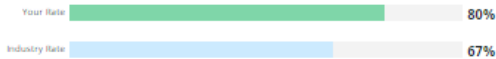
Medical Plans Digital Engagement [DOWNLOAD PDF](#)

Registration Rate

Nov 2022 - Oct 2023

80% of employees and spouses have registered on myCigna

▼ 1% decrease vs. last year



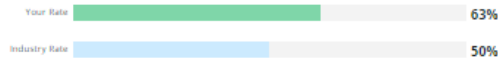
8,114 registered employees and spouses

Active Users

Nov 2022 - Oct 2023

63% of employees and spouses actively use myCigna

▼ 1% decrease vs. last year



57,199 total visits

Your Employees Read

Nov 2022 - Oct 2023



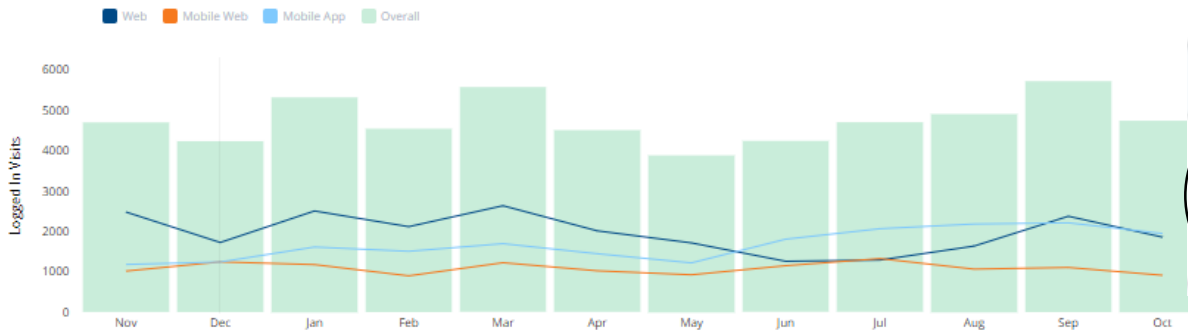
ID Card Requests

Nov 2022 - Oct 2023



Top Digital Channels

Nov 2022 - Oct 2023



Provider Satisfaction Score

Verified Reviews from all Cigna Customers





Medical, Behavioral Health, and Pharmacy Coverage Details

Plan: Open Access Plus Group ID: 3340747 Coverage is active for Test +2 View the main features of your plan

Coverage from 01/01/2022 - Present (Change)

View coverage details for: Test (Subscriber) In-Network

How Your Plan Works

Test is here

1

You pay the deductible

When you visit a provider, you pay all costs for services, until the deductible is met.

Eligible in-network preventive care is covered 100%

Deductible Remaining:

\$4,000⁰⁰

See more

2

You and the plan share costs

After the deductible is met, you and the plan share the costs for covered services.

View covered services and your share of cost.

3

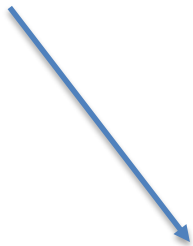
You pay nothing

When you or your family reach the out-of-pocket maximum, the plan pays 100% for covered services.

Out-of-Pocket Maximum Remaining:

\$5,000.00

See more



Digital ID Cards-Access Any Time, Any Where

For: **Test** ▾



Subscriber
Date of Birth: 01/01/1951

Medical and Pharmacy

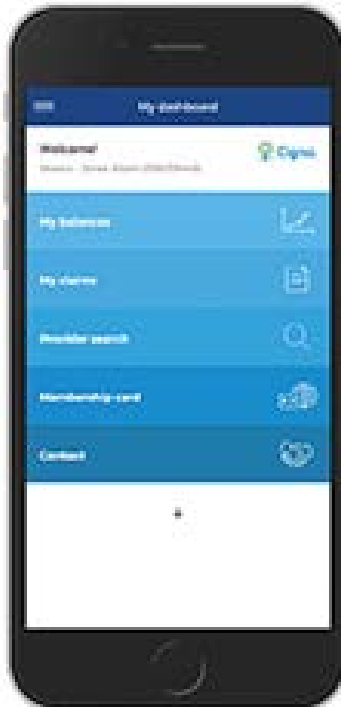
Coverage effective date:
07/01/2022

[View Test's ID Card](#)

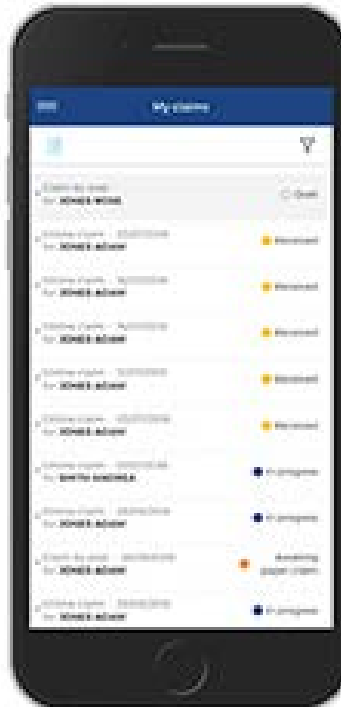
[Mail Test's ID card](#) Use your digital ID card when you access care.

www.mycigna.com app

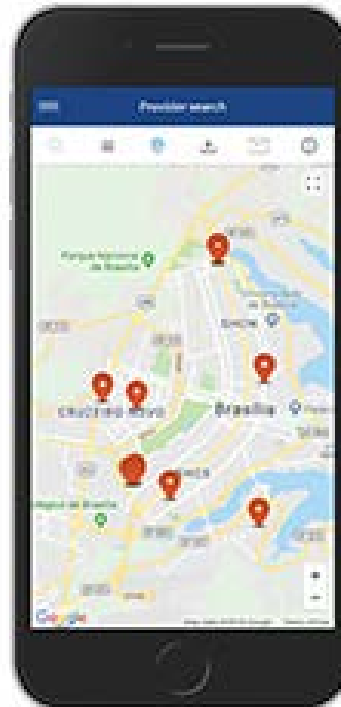
manage your health plan right from your smartphone



Dashboard



Claims



Provider search



Membership card

2023-2024 MotivateMe incentives for Members and Retirees - \$250!



Gatekeeper Goals

- \$25 Health Risk Assessment
- \$50 Biometric Screenings
- \$75 Preventive Benefits – 1 PER YEAR **INCLUDES** screenings for
 - Annual Physical
 - OB/Gyn exam
 - Mammograms
 - Cervical cancer
 - Colon cancer
 - Prostate screenings
- \$50 Healthy BMI (or achieve weight loss goal)
- \$50 Coaching
- \$150 Maternity/Healthy Babies Program first trimester or \$75 second trimester

Covered spouses are eligible for all incentives except Healthy BMI and Coaching

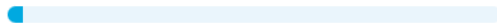
[← Back to Wellness & Incentives](#)

All Incentives For Current Plan Year ▾

Incentives earned for Test ▾

Debit Cards ⓘ

\$0 out of \$500



Incentives for

Test ▾

showing

Available Incentives ▾

[Download and Submit Forms](#)

It may take up to 30 days for incentives to show as completed. If you're unable to meet a goal's objectives, you may still be able to earn the award by completing an alternate activity. Select a goal to see its alternate activities.

[Clear](#) | [Select All](#)

Filter by Category

- 🍏 Food (0)
- 🧘 Stress (0)
- 🌙 Sleep (0)
- 🏃 Exercise (0)
- 📏 Weight (1)
- 🏥 Prevention (7)
- 🌟 Specialized (6)

Filter by Health Topic

- 🗣️ Health Coaching (1)
- 🦴 Bone, Joint, Muscle (1)
- 🤰 Pregnancy (1)

▾ Required Goals

You must complete these goals before you can receive awards.

Complete the Cigna online health assessment

A confidential questionnaire that asks you about your health and well-being and provides a personalized assessment of your current health. As a reminder and to protect your privacy, anyone taking the health assessment needs to register on myCigna, and then log in with their own user ID and password.

[Start Now](#)

\$25

Debit Cards

Available
07/01/22 - 06/30/23

Get a personalized biometric health screening

Know your numbers. Complete blood pressure, cholesterol, blood sugar and body mass index (BMI) screening.

[Download the Form](#)

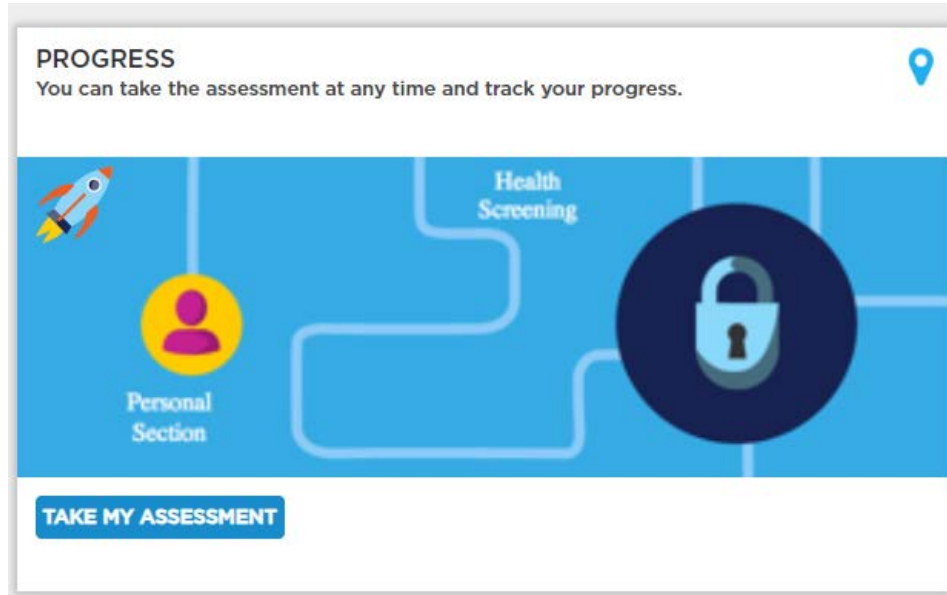
\$50

Debit Cards

Available
07/01/22 - 06/30/23

Motivate Me: Health Risk Assessments

- Logon to mycigna.com
- Go to the wellness tab / Health Assessment



I submitted my assessment. It took less than 10 minutes to complete. This has always been a great tool for me to use to find my focus point.

MotivateMe - Maternity/Healthy Babies Program



- Pregnant MEUHP Members or covered spouses eligible
- **No gatekeeper requirement** – moms to be can sign up as soon as they learn they are pregnant.
- The program provides education and support throughout the pregnancy – and after
- \$150 first trimester or \$75 second trimester

Motivate Me: Redeeming rewards

[Cart](#) [Help/FAQs](#) [Contact Us](#)

[español](#) | [English](#)

test demotest (\$50.00)



HOME

CIGNA INCENTIVE AWARDS PROGRAM

PROGRAM INFORMATION



Rewarding you for healthier living.

Cigna's Incentive Awards Program helps you get rewarded for making healthier decisions every day. Enjoy the journey and indulge in your rewards.

Need Help Selecting your Cigna Prepaid Debit Card?

Visit the [FAQ](#) section.

Welcome test demotest

Congratulations on earning rewards for healthier living. Here is a summary of what is available for you to redeem for Cigna Prepaid Debit Cards. Keep staying healthy and enjoy your hard-earned rewards!

MY ACCOUNT

Dollars Available for Debit Cards

\$50.00

CIGNA INCENTIVE AWARDS PROGRAM

Select \$50.00 in Cigna Prepaid Debit Cards

When you have \$10 or more in your Remaining Balance, you are eligible to redeem your awards for Cigna Prepaid Debit Cards. You can increase your redemption amount in \$5 increments.

When you have at least \$10 in your account, a "Redeem" button will display below.

Redeem

Motivate Me: Redeeming rewards

Rewards from last year also available

[← Back to Wellness & Incentives](#)

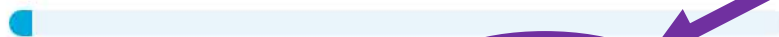
All Incentives For **Current Plan Year** ▾

Can change to prior year with the drop down menu

Incentives earned for Test ▾

Debit Cards ?

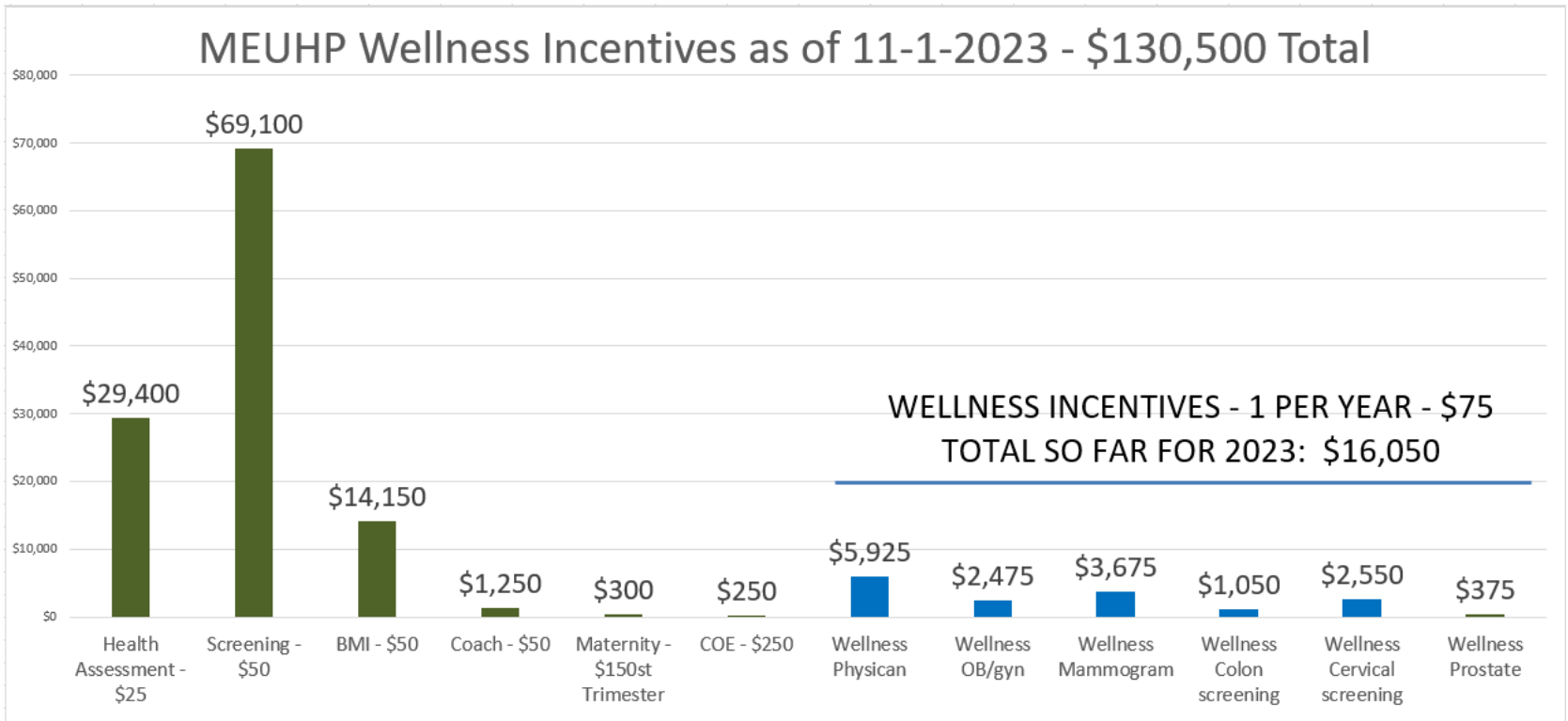
\$0 out of \$500



You have 50 Debit Cards dollars to redeem. **Redeem awards** ?

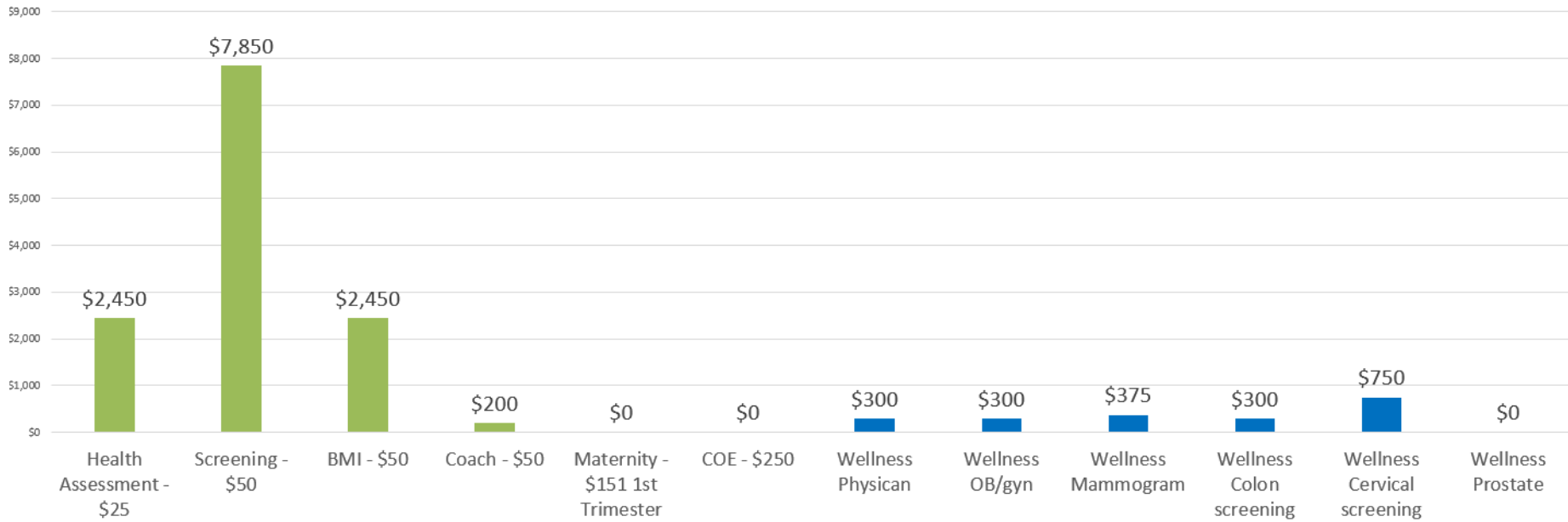


Incentives – Over \$355,000 paid out last year 22-23



District Level Reports Available

School of the Osage - \$14,975 YTD



High Level Report on District Members also available

District	First	Last	Health Assessment	Biometric Screening	Wellness	BMI or Wt Loss Goal	Maternity	Coach	TOTAL
MEUHP SCHOOL	Patrick	Mahommes	\$25	\$50	\$75	\$50		\$50	\$250
MEUHP SCHOOL	Travis	Kelce	\$25	\$50	\$75				\$150
MEUHP SCHOOL	Harrison	Butker	\$25	\$50	\$75	\$50			\$200
MEUHP SCHOOL	Chamarri	Conner	\$25	\$50					\$75
MEUHP SCHOOL	Darius	Harris	\$25	\$50		\$50			\$125
MEUHP SCHOOL	Noah	Gray		\$50					\$50
MEUHP SCHOOL	Chris	Jones	\$25	\$50	\$75				\$150

OTHER CIGNA RESOURCES

Virtual Care – MDLive for Cigna login from mycigna or the mycigna app

Office
visit
copay
for PPO
Plans

Urgent Care	Primary Care	Therapy	Psychiatry	Dermatology
<p>Providers available 24/7 by secure video or phone for adults.</p>	<p>Consult with a primary care provider for annual wellness check or routine primary care needs.</p>	<p>Talk therapy and strategy sessions.</p>	<p>Assessment and medication management.</p>	<p>Message a dermatologist with symptoms and receive a treatment plan within 72 hrs.</p>
<p>\$59 Per Visit Authorized Today</p>	<p>Wellness Screening \$0</p>	<p>\$90 Per Session Authorized Today</p>	<p>\$250 Per Session Authorized Today</p>	<p>\$90 Per Visit Authorized Today</p>
<p>Use it for: Allergies, Cold, Cough, Flu Exposure and Symptoms, Sore Throat, Minor Injuries, Pink Eye, Sinus Infection, Skin infections, UTI and more</p>	<p>Use it for: Screening tests, Advice on Diet, Exercise, Vaccinations, Conditions such as Asthma, Cholesterol, Diabetes, Hypertension, and other non-urgent issues</p>	<p>Use it for: Addictions Anxiety Bipolar Disorder Depression Grief and Loss and more...</p>	<p>Use it for: Anxiety Bipolar Disorder Depression Panic Disorders Trauma and PTSD and more...</p>	<p>Use it for: Acne, Rosacea, Skin irritation or infection, Suspicious Moles, Hair loss, Dandruff, Nail concerns and more</p>
<p>Learn More →</p>		<p>Learn More →</p>	<p>Learn More →</p>	<p>Learn More →</p>
<p>See First Available</p>	<p>Schedule A Visit</p>	<p>Schedule A Visit</p>	<p>Schedule A Visit</p>	<p>Continue</p>
<p>Schedule A Visit</p>				

Virtual Care – MDLive for Cigna login from mycigna or the mycigna app



Wellness Screening

Get a preventive lab screening and review your bloodwork with a Primary Care Provider. Discuss your current wellness, get advice on diet and exercise, and more.

[Learn more](#)

Your Cost

\$0

Select



Routine Care

Visit with a Primary Care Provider for ongoing health conditions, including requests for medication refills, lab tests, and any other questions and concerns.

[Learn more](#)

Your Cost

\$105

Select

Office
visit
copay
for PPO
Plans

Virtual Care – MDLive for Cigna login from mycigna or the mycigna app

How virtual wellness screenings work, step-by-step.

STEP 1	Complete your MDLIVE online health assessment.
STEP 2	Choose an in-network lab and schedule an appointment.**
STEP 3	Choose an MDLIVE provider and schedule your virtual visit.
STEP 4	Go to your lab appointment. You'll receive a notification when the results are available in the MDLIVE customer portal.
STEP 5	Attend your virtual visit from anywhere via video or phone. After your visit, you'll receive a summary of your screening results for your records.



At the lab, before your virtual visit.

A technician will conduct:

- › Lab work, including blood count, as well as metabolic, thyroid, lipid/cholesterol and diabetic testing.
- › Biometric screenings, including blood pressure, height, weight, BMI and waist circumference.***



During your virtual visit.

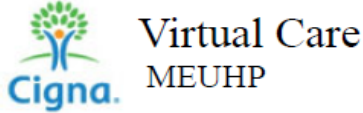
Your provider will:

- › Discuss any allergies and medications.
- › Review your medical and family history.
- › Explain any risk factors and treatment options based on lab work and biometric screenings.
- › Guide you through appropriate next steps for care if health issues are identified.
- › Discuss your emotional and psychological well-being.



FOR SCHOOLS, BY SCHOOLS™

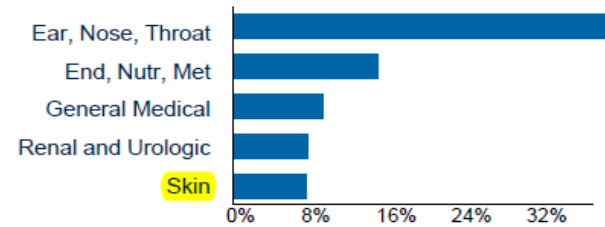
MEUHP Utilization - Virtual Care



Utilization & Trend

	Base	Current	Trend
Total Visits	2,048	2,152	5%
Total Unique Members	1,003	974	-3%
Members with Multiple Visits	364	350	-4%
% of Total Member Utilization	14%	13%	-1%

Top 5 Medical Virtual Care Conditions (Current)



Visits & Trend by Provider (Current)



Estimated Savings of **\$79,340** if 10% of acute medical visits (Office, Urgent, Convenience Care) were redirected to MDLIVE

Demographic Summary

	Current	Norm
Employee	81%	61%
Spouse	5%	15%
Dependent	15%	24%
% of Total Membership	13%	27%
% Male	21%	32%
% Female	79%	68%
Average Member Age	40.0	39.3

Virtual Care – Convenient, Not Costly

- A simplified experience so a member can get the best care both virtually and in person through an integrated ecosystem of providers when and where they need it most.
- Access care from anywhere via video or phone.
- **Get minor medical virtual care 24/7/365 - even on weekends and holidays.**
- MDLIVE **virtual wellness screenings** give customers convenient access to preventive care at \$0 copay. **5 members utilized virtual wellness screenings in the current period.**

Opportunity Redirect Savings

- ER to MDLIVE = \$189,107.53
- UC to MDLIVE = \$8,015.52

Virtual Care

Hello!

I **ONLY** use virtual care now!!! I love the price, convenience and ease.

I have used virtual care in the past. It was extremely convenient and easy. I get a sinus infection every fall. I have for years. I signed into my.cigna, connected with a dr, waited less than 3 minutes and set up my appointment.

I had medicine that day. I was able to save a sick day for more serious problems, because I did not have to leave to go to my dr.

I would use this every time for flus, colds, etc.

I had a virtual appointment once. It was on a weekend. If I had not had that option, I would have had to go to urgent care, spend way more money, and wait for quite a while to be seen. When you're feeling bad, the last thing you want to do is sit in a waiting room with a bunch of other sick people. I had a sinus infection. The doctor prescribed an antibiotic, and I was soon back on my feet.

I highly recommend virtual!

24/7 Nurseline

800-244-6224

Available 24 hours a day
365 days a year

Great resource for non-
emergency situations.



Mycigna – Education Topics and Resources

Diabetes – one of the major health issues in the MEUHP

Health Library [Español](#)

[Pre-Diabetes](#) | [Type 1 Diabetes](#) | [Type 2 Diabetes](#) | [Diabetes Care](#) | [Audio Files](#)



[Prediabetes](#)

Covers warning signs that you may be at risk for type 2 diabetes. Includes causes and symptoms. Looks at lifestyle changes to get your blood sugar levels back to a normal range. Includes tips on diet, weight loss, and exercise.



[Prediabetes: Exercise Tips](#)

If you've been diagnosed with prediabetes, you have a chance to keep it from progressing to type 2 diabetes. One way to do this is by getting regular exercise. Here are some ideas that can help you get active. First, check with your doctor. Talk with your doctor about how and when to exercise. You may need to have a...



[Jerry's Story: Take Prediabetes Seriously](#)

Jerry has a message for everyone who is diagnosed with prediabetes. "Take it seriously," he says. "Of all the risks for diabetes you can have, this one is really influenced by the choices you make." That wasn't how Jerry felt when he first learned he had prediabetes. His doctor told him to lose weight and get more...



[Linda's Story: Getting Active When You Have Prediabetes](#)

Linda works full time, has three young children, and has zero time for the gym. So when she learned that she had prediabetes, she had to find creative ways to fit activity into her day. "My trick is to not call it 'exercise.' Instead, I just look for ways to add small workouts to my day," she says. For example, after...



[Diabetes](#)

Education on type 1 diabetes, type 2 diabetes, and gestational diabetes. Includes info on juvenile diabetes and prediabetes. Discusses symptoms and treatment. Also looks at how to manage blood sugar levels, diet, and medicines, including insulin.

MORE RESOURCES!



MEUHP Team!

Reminder:

When employees call either Cigna or HSA Bank, they should reference

**Missouri Educators
Unified Health Plan or
MEUHP**

and ***not*** the individual school district name.



Employee Assistance Plan

Why MEUHP members are calling EAP:

- Stress/Anxiety
- Information
- Depression
- Marital
- Family Concerns
- Grief & Loss
- Child/Parenting
- Legal
- Job/Career Issues
- Financial
- Eldercare
- Alcohol Problem
- Eating Disorder



Critical Incident Benefit

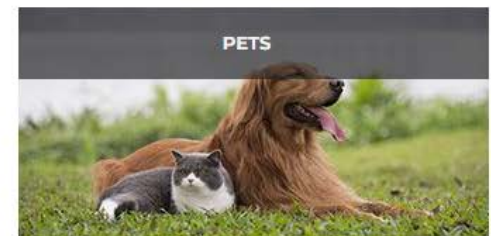
On Site counselors available
for your District following
crisis situations

Employee Assistance Plan

Work Life Resources



- HOMEPAGE
- PARENTING
- AGING
- BALANCING
- THRIVING
- WORKING
- LIVING**
- INTERNATIONAL



Legal Forms

- Bill of Sale for a Dog
- Executor's Checklist
- General Notice of Death
- Notice to Deceased's Vehicle Insurance Company
- Obituary Information Fact Sheet

93 Found



Employee Assistance Plan

Work Life Resources



Homepage » Living » Legal Forms » Legal Forms » Will for Adult With Child(ren)

Will for Adult With Child(ren)

- HOMEPAGE
- PARENTING
- AGING
- BALANCING
- THRIVING
- WORKING
- LIVING

[Will for Adult with Child\(ren\)](#)

Documents are saved in rtf (rich text format) so that you can save the t
operating system. They are provided so that you can then make chang
so you can get immediate access to the information. They can be save
Notepad, Word and Star Office. The files are named so that they end w

Will for Adult With Child(ren)

Will of _____

I, _____, a resident of _____ [county], State of _____, declare that this is my will.

1. Revocation. I revoke all wills that I have previously made.

2. Marital Status. I am married single in a registered domestic partnership or civil union.

3. Children. I have the following natural and legally adopted children:

Name	Date of Birth

[repeat as needed]

4. Specific Gifts. I make the following specific gifts:

I leave _____
to _____
or, if that/those beneficiary/beneficiaries does/do not survive me, to _____.

I leave _____
to _____
or, if that/those beneficiary/beneficiaries does/do not survive me, to _____.

I leave _____
to _____
or, if that/those beneficiary/beneficiaries does/do not survive me, to _____.

Patient Assurance Program

- Members limited to **\$25 maximum out of pocket for a 30 day supply** for the diabetic medications listed
- Reduces out of pocket costs by an average of 40% or more
- Removes costs as a barrier for diabetic medication which may help reduce or eliminate ER visits and hospitalization
- Available on all MEUHP plans: HSA and PPO
- Added at no additional cost to the MEUHP



Patient Assurance Program Drug List

Diabetes

Farxiga
Glyxambi
Jardiance
Ozempic
Rybelsus
Synjardy
Synjardy XR
Trijardy XR
Trulicity
Xigduo XR

Diabetes - Insulins



Basaglar
Humalog
Humalog Mix
Humulin
Insulin Lispro
Levemir
Lyumjev

Price a medication

“Having this tool on the Cigna App is amazing. I never knew it existed.”

For: Plavix | TAB 75MG | 30-Day Supply

We found other options that will save you money

BEST VALUE	
 Generic Equivalent \$0.00 Estimated starting price Clopidogrel - Generic drugs are equivalent brand name drugs and have the same active ingredients.	 Brand Name \$199.82 Estimated starting price Plavix - the brand name drug is often the most expensive option.
View Results	View Results

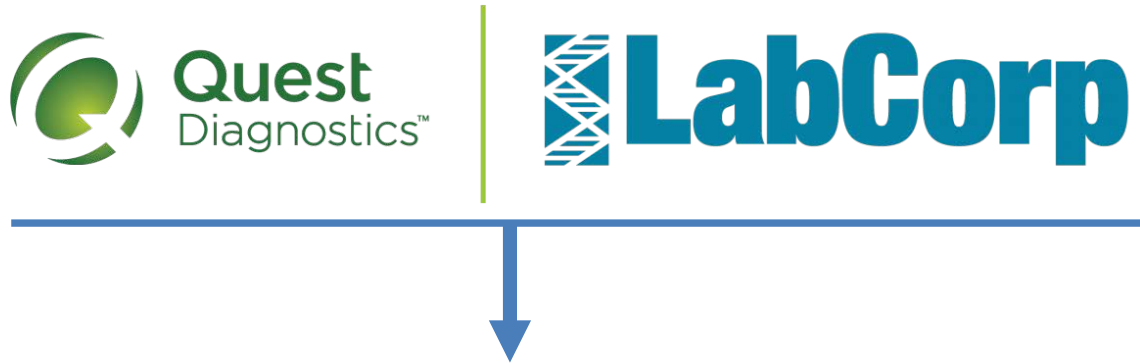
If you have an allergy or issue with your prescribed medicine, [check here](#) for covered alternatives. Note this will require a new prescription from your provider.

Prices for Plavix – near Kansas City, MO

Results for: **Test** | **TAB 75MG** | Package (N/A) | **30-Day Supply**

Express Scripts Home Delivery Pharmacy (800) 835-3784 90-day Network Pharmacy - cover 90 day supplies as allowed by your plan Free standard shipping Save more with 3-month supply	30 Tablets \$199.82 Est. Home Delivery Price Show Math
CVS Pharmacy 921 Main St, Kansas City, MO, 64105 (816) 842-2514 90-day Network Pharmacy - cover 90 day supplies as allowed by your plan Pharmacy Features: Open 24 hours, Drive-up Window, Electronic Prescriptions	0.1 mi 30 Tablets \$223.00 Est. Cost Show Math
CVS Pharmacy 2435 Independence Ave, Kansas City, MO, 64124 (816) 483-6464 90-day Network Pharmacy - cover 90 day supplies as allowed by your plan Pharmacy Features: Open 24 hours, Drive-up Window, Electronic Prescriptions	1.6 mi 30 Tablets \$223.00 Est. Cost Show Math

Quest or LabCorp – preferred labs!



Test	National Labs Average Cost	Other Outpatient Lab Average Cost	Outpatient hospital lab average cost
General Health Panel	\$21.85	\$43.59	\$191.32
Complete blood Count (CBC)	\$5.34	\$11.67	\$42.26



Resource Library

MEUHP Resources

FTJConnect on line enrollment

- www.ftjconnect.com
- [Video walkthrough of open enrollment](#)

RX Resource

- [Pharmacy Overview](#)
- [HSA 3000 5500 and 7000 Generic Preventive RX List - January 2023](#)
- [HSA 4000 and 6550 Generic and Brand Name Preventive RX - January 2023](#)
- [Cigna Value RX Drug List - January 2023](#)
- [Home Delivery Pharmacy](#)
- [Patient Assurance Program](#)
- [Good RX - Integrated with Cigna Rx](#)

Wellness Resources / Support

- [MEUHP Cigna](#)
- www.mycigna.com
- [mycigna app](#)
- [Preventive Care](#)
- [Wellness Screening claim form](#)
- [Virtual Physicals through MDLive](#)

MEMBERS

[District Login](#)

INFORMATION

[Quote Package](#)

[Plan Options](#)

[Plan Administrator](#)

[Newsletters · Updates](#)

[MEUHP Wellness](#)

[MEUHP Region Map](#)

[Accessibility](#)

[HR 360 Resources](#)

[Meetings](#)

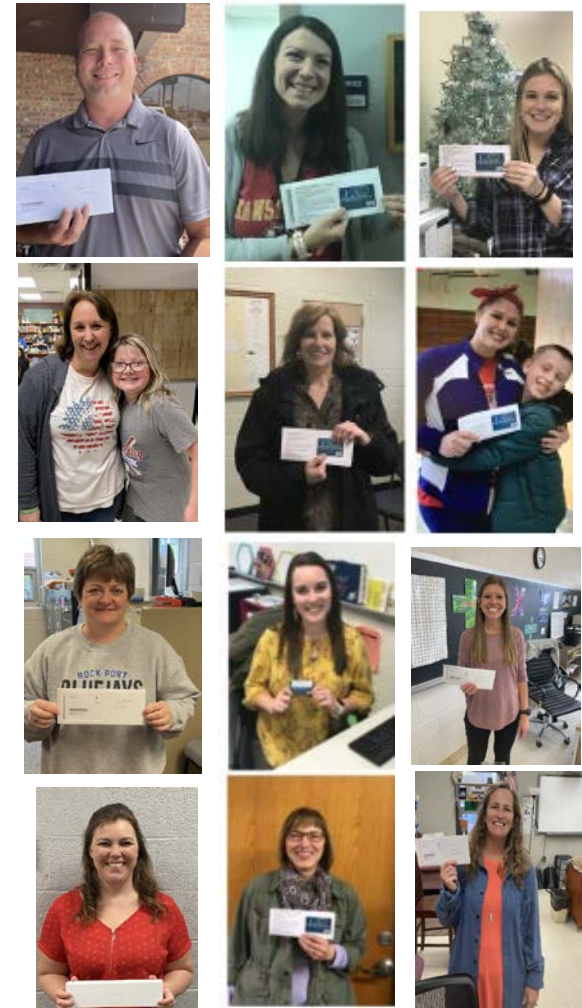
Resources Newsletters Updates

Communication Challenges

Staff education is one the best ways to help make sure employees know how to save!

Respondents are entered into a drawing for a **\$25 Visa Card**

<u>MONTH</u>	<u>TOPIC</u>	<u>Responses</u>
September	mycigna.com	787
October	Cost Saver	703
November	Virtual Care	
December	EAP	
January	Senior Products	
February	mycigna. App	
March	Qualified Events	
April	Open Enrollment	



Create a Wellness Challenge from my cigna.com

The screenshot shows the mycigna.com website interface. At the top left is the Cigna logo. On the right, there are notification icons for Messages (with a red '6') and ID Cards. A navigation bar contains links for Home, Find Care & Costs, Claims, Coverage, Prescriptions, and Wellness. The Wellness dropdown menu is open, listing categories: Wellness & Incentives (with sub-items: Food, Stress, Sleep, Exercise, Weight, Prevention), Mental Health Support, My Health Assessment, Health Coaching, Apps & Activities, and Health Assistant. A yellow callout box with the text 'Select Wellness Apps & Activities' is overlaid on the page. A blue arrow points from the top of the callout box to the 'Wellness' navigation link, and another blue arrow points from the bottom of the callout box to the 'Apps & Activities' menu item. Below the callout box, the text 'Your Required Goals*' is visible.

Create a Wellness Challenge from my cigna.com

Ready for a challenge?

Improve your wellness, earn rewards, and get inspired by joining a challenge. You'll be amazed by what you can accomplish.

HAVE A CODE?

Select CREATE

Create A Challenge








Stay one step ahead of the pack while participating in a challenge.

CREATE +

Create a Wellness Challenge from my cigna.com




Find an activity

CHOOSE AN ACTIVITY TO CHALLENGE YOUR FRIENDS.

-  **Swim**
Great cardio that's easy on your joints
-  **Bike**
Pedal your way to strength and flexibility
-  **Go for a walk**
Move your body, clear your head
-  **Go for a run**
Step up your cardio, lower stress
-  **Step it up**
Track your total daily steps
-  **Be more active**
Get up and go
-  **Track cardio activity**
Increase your heart rate, unlock health benefits

Create a Challenge

Which metric matters for this challenge?

-  Miles
-  Steps
-  Minutes

Let's nail down some details.

Challenge Name

ALBANY EMPLOYEE CHALLENGE!

When does it start?

November 6, 2023

How many weeks is your challenge?

4 weeks

All challenges start on Mondays and end on Sundays

Create a Wellness Challenge from my cigna.com




Nice job! You successfully created a new group challenge called ALBANY EMPLOYEE CHALLENGE!. Invite your friends to participate by sharing the code below.

Challenge Code

MBG8F

[Invite Friends](#)

Please note people you invite will need to have Cigna or CareAllies coverage to get access to Apps and Activities.



Subject ALBANY EMPLOYEE CHALLENGE! Challenge Invite

Hello,

Please join me in an Apps & Activities group challenge! Apps & Activities helps you build healthy habits. It's a great way to get motivated and improve your health!

Here are some details:

- Challenge Name: ALBANY EMPLOYEE CHALLENGE!
- Start date: 11/06/2023
- Duration: 4 weeks

To participate, sign in to Apps & Activities with the link below and enter the challenge code on the Challenges tab. Please note you will need to have Cigna or CareAllies coverage to get access to Apps & Activities and participate.

- Challenge code: MBG8F

Join at: https://appsandactivities2.cigna.com/aa/challenges/43215?invite_code=MBG8F.

Good luck!

**Thank you for being
an MEUHP CHAMPION!**



Watch your email for a “Wellness Ambassador Toolkit”
and a quick feedback survey.

Respond to the survey by November 11th and your \$50
gift card will be mailed the first week of December