



## 2025/2026 Gatekeeper Goals

1. Employees must complete the Health Assessment Survey
2. Employees must complete provider ordered lab work or Onsite Nurse biometric screening.  
Complete lab work by 8/30/26 to allow time for claims to process.
3. The completion of the THRIVE or Choose One program will count toward a gatekeeper goal, satisfying the lab work goal. Completion of the programs must be fully completed by 9/30/2026 in order to earn points for the 2025/2026 program year.

Need a referral? [OCNurse@Adventhealth.com](mailto:OCNurse@Adventhealth.com)

GOAL	REPORTING	POINTS	MAXIMUM
<b>Health Assessment Survey</b> <a href="https://myCigna.com">myCigna.com</a>	Automatically	0	Max of 1
<b>Annual Provider Ordered Lab Work</b>  <b>OR</b>  <b>Onsite Nurse Biometric Screening</b>	Automatically  Biometric Screening form uploaded to Cigna Portal <a href="https://myCigna.com">myCigna.com</a>	30	Max of 1

Assistance with locating an in-network PCP, call 1-800-244-6224, or log into [www.myCigna.com](https://www.myCigna.com)

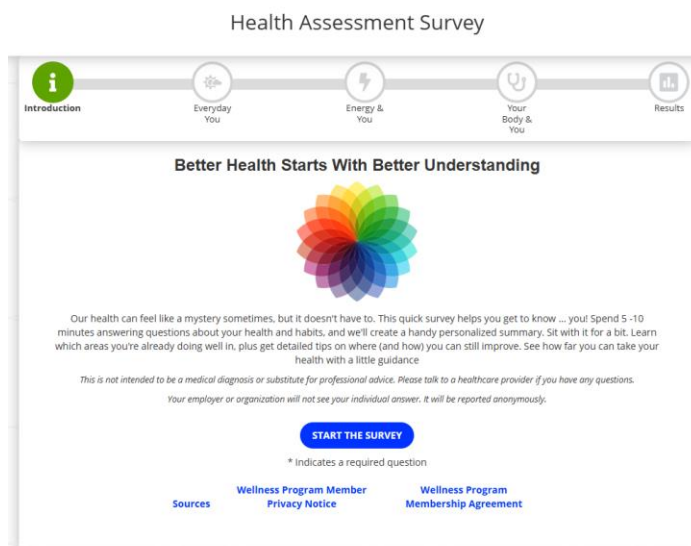


## Health Assessment Survey Goal

- The Health Assessment Survey is required for employees to complete to unlock all incentive points.
- Incentive points are not awarded for completing the Health Assessment Survey
- Once enrolled in the County's medical plan and benefits have been processed, you will be able to create an account on myCigna.com to complete the assessment.
- After completing the assessment, it may take up to 7 business days for the points to be awarded.
- Steps to complete the Health Assessment Survey:

1. Log in to myCigna.com
2. Health Assessment Survey will appear on the home screen
3. Click "Start Now"
4. Select "Start the Survey"

- Once you have completed the Health Assessment, you will receive a score. This score indicates that the Health Assessment Survey 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 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.



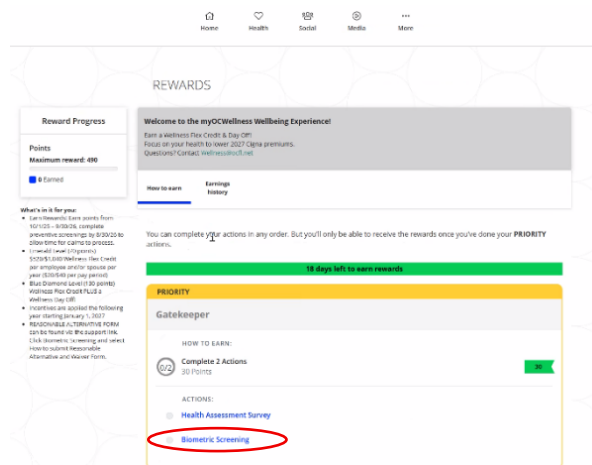
# Annual Provider Ordered Lab Work OR Onsite Nurse Biometric Screening

## Annual Provider 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. Complete lab work by 8/30/26 to allow time for claims to process.
  - For lab work or biometrics completed anywhere other than Quest or LabCorp, employees must upload the Wellness Screening Form on myCigna.com.
4. Print Wellness Screening Form
  5. Take the form to your appointment
  6. Form must be completed and signed by the administering nurse or provider
  7. Upload form on your myCigna.com portal

## Onsite Nurse Biometric Screening

- *For a biometric screening, we strongly encourage you to see your provider. While onsite nurse screenings are available, their availability is limited. Please note that each individual may only receive one onsite screening.*
- Complete onsite biometrics with the Wellness Team's Advent Health Centra Care nurses during their scheduled visits.
- The nurse needs to complete the downloaded Wellness Screening Form found in your myCigna.com portal.
- You will then submit the completed and signed form to ensure your biometrics are received.
- Upload form on your myCigna.com portal
  - Click on the Home Tab the top of the homepage and choose "Rewards".
  - Click on "Biometric Screening" and "Take me There"
  - You can download and upload the personalized form here.



## THRIVE or Choose One Program

The completion of the THRIVE or Choose One program will count toward the gatekeeper goal, satisfying the lab work goals. The programs must be fully completed by 9/30/2026 in order to earn points for the 2025/2026 program year. This goal is automatically reported.

- **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)

