



## 2 SIMPLE STEPS TO A HEALTHIER YOU

The University System of New Hampshire and Cigna are committed to supporting your efforts to stay as healthy as possible.

**MyPath2Wellness** is designed to get you engaged in your health - and help you improve it - while providing a valuable incentive.

University System  
of New Hampshire



## How to earn your reward

Status-benefits eligible employees can earn an incentive by taking two simple steps. Complete both Step 1 and Step 2 of the MyPath2Wellness program and you will receive up to a \$400 credit toward your 2019 USNH medical plan cost. Steps 1 and 2 **must be completed by November 9, 2018**.



## KNOW YOUR NUMBERS



**COMPLETE BY November 9, 2018**

Knowing your health numbers – also known as biometric numbers – can help you take steps to keep these indicators in a healthy range, and lower your risk for disease.

Workplace screenings make it easy to obtain key numbers for:

- › Blood pressure
- › Total cholesterol
- › High-density lipoproteins (HDL)
- › Glucose (sugar levels)
- › Waist circumference
- › Height, weight and body mass index measures

**Workplace screenings are scheduled from September through November. Check the screening schedule on the next page for location, date and times.**

Biometric screenings are provided by third-party health care providers and not by Cigna.

# MyPath2Wellness BIOMETRIC SCREENING SCHEDULE

You can attend a screening at any USNH location. Find a date and location below that works for you. Please be sure to **sign up for your screening** by visiting [www.screeningreg.com](http://www.screeningreg.com).

Login: **usnh** Password: **healthy** (login and password are all lowercase)\*

CAMPUS	DATE	TIME	LOCATION
University of New Hampshire – Durham	Tuesday, 9/25	7:30 am–1:30 pm	Memorial Union Building (MUB) Strafford Room
University of New Hampshire – Durham	Wednesday, 9/26	10:00 am–4:00 pm	MUB Strafford Room
System Office – Concord	Wednesday, 9/26	9:00 am–2:30 pm	Conference Rooms 313, 314, 315
Keene State College	Tuesday, 10/2	8:00 am–2:00 pm	Young Student Center, Madison Street Lounge
University of New Hampshire – Durham	Thursday, 10/4	8:00 am–4:00 pm	MUB Strafford Room
Keene State College	Wednesday, 10/10	1:00 pm–6:00 pm	Young Student Center, Madison Street Lounge
UNH School of Law	Wednesday, 10/10	10:00 am–2:00 pm	IP Center Lobby
University of New Hampshire – Durham	Friday, 10/12	7:30 am–4:30 pm	1 Leavitt Lane, Rooms 223/225
University of New Hampshire – Durham	Tuesday, 10/16	8:00 am–4:00 pm	MUB Strafford Room
Plymouth State University	Tuesday, 10/16	9:00 am–5:00 pm	Hartman Union Building, Hage Room
Plymouth State University	Wednesday, 10/17	7:00 am–4:00 pm	Hartman Union Building, Hage Room
Keene State College	Thursday, 10/18	11:00 am–4:00 pm	Young Student Center, Madison Street Lounge
System Office – Concord	Thursday, 10/18	9:00 am–2:30 pm	Conference Rooms 313, 314, 315
Plymouth State University	Thursday, 10/18	8:00 am–3:00 pm	Hartman Union Building, Hage Room
University of New Hampshire – Manchester	Monday, 10/22	10:00 am–3:00 pm	Multipurpose Room 1st floor
Granite State College – Concord	Tuesday, 10/23	11:00 am–5:00 pm	Room 106
University of New Hampshire – Durham	Wednesday, 10/24	8:00 am–2:30 pm	MUB Rooms 334, 336
Granite State College – Rochester	Thursday, 10/25	11:00 am–5:00 pm	Conference Room
Keene State College	Friday, 10/26	8:00 am–2:00 pm	Young Student Center, Madison Street Lounge
University of New Hampshire – Durham	Tuesday, 10/30	8:00 am–4:00 pm	MUB Strafford Room
Granite State College – Concord	Tuesday, 10/30	11:00 am–5:00 pm	Room 106
University of New Hampshire – Durham	Thursday, 11/1	8:00 am–4:00 pm	MUB Strafford Room
University of New Hampshire – Durham	Tuesday, 11/6	8:00 am–4:00 pm	MUB Strafford Room
University of New Hampshire – Durham	Thursday, 11/8	8:00 am–4:00 pm	MUB Granite State Room
University of New Hampshire – Durham	To schedule an appointment at UNH Health & Wellness, please visit <a href="http://www.unh.edu/health/employee">www.unh.edu/health/employee</a>		UNH Health & Wellness

\* If you forgot what your login was from last year, try your work email as your login and 6-digit date of birth (i.e., mmddyy) as your password. If this does not work, try your personal email. If you continue to have difficulties, please call the Interactive Health member services department at **800.711.8656** for login assistance.



## TAKE THE ONLINE HEALTH ASSESSMENT



**COMPLETE BY November 9, 2018**

Cigna's fun and easy online health assessment can provide you with valuable information about your health and lifestyle. You will answer questions about your medical history, including how you see your health status and whether you are ready to change certain habits.

It takes about 15 minutes to complete the health assessment, and you instantly receive a personalized health profile. This profile offers a comprehensive picture of your health status, as well as helpful guidance to begin improving your health.

Individual health assessment results are not shared with USNH. There are no right or wrong answers, but taking your health assessment will tell you if you're on the right track to good health and, if not, how to get there.



# HOW TO TAKE THE HEALTH ASSESSMENT

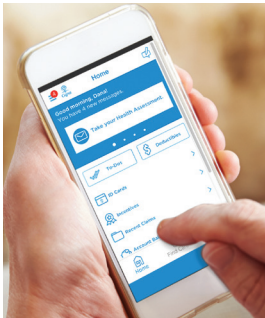
## Currently enrolled in USNH medical plan

There are two ways you can access the health assessment. You can download the myCigna<sup>SM</sup> App\* or go to **myCigna.com**.



### On myCigna.com:

- Log in or register
- Click on the "Manage My Health" tab
- Click "My Health Assessment"
- On the next page, click "Take My Health Assessment"



### On the myCigna App:

- Log in or register
- From dashboard home, tap the "Incentives" quick link
- On the Incentives screen, tap on the "Goals" tab
- Find the health assessment incentive goal and tap on "Take Health Assessment"

## Newly eligible or plan to enroll in the USNH medical plan

To create an account on **myCigna.com** follow the steps below.

- Go to **myCigna.com/?token=3340028**
- Scroll down and click "Register Now"
- Follow the direction to create a user ID and password, and then click "Option 2"
- Click "GET STARTED!" to take your health assessment

\* The downloading and use of the myCigna App is subject to the terms and conditions of the App and the online store from which it is downloaded. Standard mobile phone carrier and data usage charges apply.

## NEXT STEPS

- › Check the biometric screening schedule on page 3, find a date that works for you and register online.
- › Attend a biometric screening to get your numbers.
- › Using your numbers from the screening, complete the online health assessment by following the instructions under “HOW TO TAKE YOUR HEALTH ASSESSMENT” on page 5.
- › Status-benefits eligible employees must complete the biometric screening and the online health assessment by **November 9, 2018** to receive the 2019 USNH medical plan credit of up to \$400.



## KNOW YOUR DEADLINES – GET YOUR REWARD!

Complete both Steps 1 and 2 by November 9, 2018 to receive up to \$400 credit toward your 2019 USNH medical plan administered by Cigna.



# FREQUENTLY ASKED QUESTIONS

## 1. Who is eligible for a MyPath2Wellness credit incentive?

Status-benefits eligible employees who are currently enrolled, or anticipate enrolling in the 2019 USNH medical plans, are eligible for up to a \$400 credit toward their 2019 USNH employee medical plan administered by Cigna.

## 2. How do I sign up for a biometric screening?

Just check the schedule on page 3 and sign up for a date and location that works for you at [www.screeningreg.com](http://www.screeningreg.com).  
Login: **usnh** Password: **healthy**

## 3. I am not able to participate in any of the campus biometric screening events; is there another option?

Yes, please contact your Campus Human Resources Office to request the “Physician Screening” form and for details regarding the process. Please note: You are responsible for sending your completed Physician Screening form back to Interactive Health on or before November 9, 2018.

## 4. How will I get my 2019 USNH medical plan credit for participating in MyPath2Wellness?

Your USNH medical plan credit of up to \$400 for participating in MyPath2Wellness will be applied in equal amounts toward your 2019 USNH medical plan payments, and reflected as a wellness credit on your paystub.

## 5. Who should I contact if I have questions about MyPath2Wellness?

Please contact your campus Human Resources office with any questions.



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