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**From:** County Administration  
**Sent:** Friday, February 11, 2011 4:59 PM  
**To:** County Administration  
**Subject:** 2011 Maricopa County Employee Biometric Screenings, Health Assessments & Non-Tobacco User Incentives

Maricopa County will be offering its annual biometric screening and health assessment to employees beginning March 1, 2011 through April 22, 2011. This annual screening and health assessment will provide a convenient and confidential way for you to understand your health risks and the many improvement opportunities available to you.

For the benefit plan year starting July 1, 2011, Maricopa County is offering you the opportunity to save up to a total of \$240.00 annually as an incentive for participating in both the biometric screening (a \$5.00 savings per pay period up to a maximum of \$120.00 per year) and the online health assessment (a \$5.00 savings per pay period up to a maximum of \$120.00 per year).

The screening process includes:

- A brief lifestyle questionnaire
- Blood pressure
- Height/weight/waist circumference/body mass index (BMI)/percent body fat
- Blood glucose
- Total cholesterol/HDL cholesterol/coronary risk ratio

Immediately following your biometric screening, you will receive:

- A full-color individual results booklet that explains your personal screening results.
- A brief one-on-one counseling session with a health coach who will interpret your results and refer you to available CIGNA employer-sponsored and/or Maricopa County Wellness Works Program resources.
- Instructions for completing the online health assessment.

I am urging you to take time for your health and participate in this event. Your results from your biometric screening and health assessment are confidential and will not be reported to Maricopa County. The summary results of the screenings will help our Wellness Works Program tailor health and wellness initiatives to best accommodate your needs.

Registration will be available beginning February 15, 2011. You will be able to schedule your screening online at [www.cignascreenings.com/maricopa](http://www.cignascreenings.com/maricopa) or over the telephone at 1-800-694-4982, Monday through Friday, 8:00 a.m. to 6:00 p.m. if you are participating at a Maricopa County worksite location. If you prefer, you can be screened at a CIGNA CareToday clinic or at select CIGNA Medical Group centers.

Using your results from your biometric screening, you may complete a brief 15-minute online health assessment to gain further insights on ways to improve your health. The health assessment will be available through [www.myCIGNA.com](http://www.myCIGNA.com). Program information will be posted on the Biometric Screening & Health Assessment web page. (<http://ebc.maricopa.gov/ehi/wellness/bsha.aspx>)

**NEW THIS YEAR! Important change to the non-tobacco user incentive!**

This year, in order to receive the non-tobacco user incentive, you must complete a saliva test that detects the use of nicotine. If you pass the test and if all your covered dependents have not used tobacco products for the

03/16/2011

past six months, you will qualify to save up to \$480 annually (\$20 savings per pay period) as an incentive for being tobacco free. "Tobacco user" means the occasional or regular use of a tobacco product including, but not limited to: cigarettes, cigars, pipes, snuff, chewing tobacco and any other product containing tobacco. If you provide inaccurate information regarding covered dependent(s) in order to receive the incentive for which you are not eligible, you may be subject to disciplinary action up to and including termination. Please note the saliva test applies only to you and not to your dependents.

The simple, easy to complete saliva test will be offered at the same locations and times as the biometric screening. You do not have to participate in the biometric screening to receive the non-tobacco user incentive, but you must complete and pass the saliva test for nicotine presence.

If you are participating in the biometric screening:

- It will not be necessary to schedule an appointment for the saliva test
- The test can be completed at the time of your screening

If you are not participating in the biometric screening, but want to participate in the saliva test:

- You may walk-in to a screenings site, and you will be screened as soon as possible

You should complete the saliva test prior to responding to the non-tobacco user incentive question in the benefit enrollment system at the time of open enrollment. The options are as follows:

- I am a user of tobacco products
- A covered dependent is a user of tobacco products, but I am not
- No one (employee & covered Dependent(s)) uses tobacco products

If you have questions, please call our Wellness Works Program Coordinator, Janet T. Russell, at 602-506-3758 or you can send an email to [Employee\\_Wellness@mail.maricopa.gov](mailto:Employee_Wellness@mail.maricopa.gov). PLEASE NOTE: The County's Wellness Program Coordinator is unable to schedule, change or cancel your individual appointment. You will need to complete those tasks online at [www.cignascreenings.com/maricopa](http://www.cignascreenings.com/maricopa) or by telephone at 1-800-694-4982 with CIGNA directly. Additionally, a list of frequently asked questions (FAQ's) and an informational video is available on the Biometric Screening & Health Assessment web page.

I hope you take advantage of these great opportunities to save money and to improve your health.

—David R. Smith, County Manager