

**2015 HEALTH RISK ASSESSMENT (HRA)  
SUMMARY  
(Maximum caps apply for each medical plan)**

**ANTHEM (effective 01-01-2015)**


- **Employees and Dependents (Spouses/Domestic Partner and Dependents over 18)**
- Receive one \$50 Gift Card for completing **both** the online HRA and the physician fax back biometric screening results.
  - The HRA is available online on the County of Los Angeles microsite, located at [www.anthem.com/ca/countyoflosangeles](http://www.anthem.com/ca/countyoflosangeles).
    1. Login using your User ID and password. If you do not have a User ID and password, please click on Register Now and follow the prompts. (If you are registering as a new user and are asked for your Member ID, your Member ID can be located on the front of your ID Card and is typically 9 characters with both letters and numbers).
    2. Once you login, you will be directed to the Member Access page.
    3. Click on the MyHealth Assessment link located in the middle of the page under 360° Health and start the HRA. You will also need to download, complete and submit biometric screenings, as explained below.
    4. After completion of the online health assessment and the physician fax back biometric screening results, the member will receive a letter in the mail within 4-6 weeks with instructions on how to redeem the \$50 gift card. Questions about redemption should be directed to Hallmark Business Connections at [customer.service@hallmarkbusinessconnections.com](mailto:customer.service@hallmarkbusinessconnections.com) or by calling the toll-free number at (877) 489-6505. For other questions on HRA, eligibility, and incentives, call the Member Services number on the back of your Anthem Blue Cross ID card

**How to download, complete and submit the physician fax back form:**

1. Register at <https://maximwellness.bioiq.com>. The invitation code is CountyofLA2015. Download then print the Physician Results Form to take to your provider at your appointment. For technical support, call bioIQ at 1-877-862-4647.
  2. Schedule an appointment with your primary care provider (PCP)
  3. During your visit, complete the following biometric screenings: height, weight, blood pressure, total cholesterol, LDL, HDL, triglycerides, and glucose.
  4. Give the Physician Results Form to your provider to complete, and then you or your physician may fax it to bioIQ at (805) 456-0250.
  5. Within 10 to 15 days of faxing the Physician Results Form to bioIQ, you will receive an email to notify you that the screening results have been processed.
  6. Generally, the incentives will be available for members to receive through their online account access within 4 to 6 weeks after completing the online health assessment and faxing their Physician Results Form to bioIQ.
  7. For all other questions on biometric screening, eligibility, and incentives, call the Member Services number on the back of your Anthem Blue Cross ID card
- Website: [www.anthem.com/ca/countyoflosangeles](http://www.anthem.com/ca/countyoflosangeles)

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**CIGNA (effective 01-01-2015)**

- **Employees only**
- Receive a \$50 Gift Card - Requirement: Complete both (1) Biometric Data with Physician Fax Form, and (2) Online Health Assessment
- Gift cards will be mailed to home addresses on file within 4-6 weeks once both requirements have been met
- Direct redemption questions to Cigna's Customer Service at (800) 244-6224.
- Website: [www.myCigna.com](http://www.myCigna.com)
  - If you previously registered for myCigna, log in with your User ID and Password
  - If you have not previously registered for myCigna, select  and complete the registration process
- To ensure gift card delivery, confirm your mailing address on record at [www.myCigna.com](http://www.myCigna.com). If there is an error, contact your departmental personnel office.

**KAISER PERMANENTE (effective 02-01-2015)**

- **Employees Only**
- The Kaiser Permanente HRA is called the Total Health Assessment (THA)
- Receive a \$50 Gift Card - Requirement: MUST register on <https://healthworks.kp.org/countyla>. Complete 1) THA and 2) be current on your Biometric Screenings through your Kaiser physician/lab (see site for further details).
- Gift Card Redemption: You must redeem your points through the site after completing activities. Once redeemed, rewards are automatically mailed to home address on file approximately 10 business days after redemption.
- For any questions about the reward program, member should contact the Rewards Customer Service team at [rewardscustomerservice@kp.org](mailto:rewardscustomerservice@kp.org) or at 1-866-300-9867 and provide the following: a. name, b. issue, c. employer Name, d. daytime phone number
- Website: <http://my.kp.org/countyofla/healthworks/> or <https://healthworks.kp.org/countyla>

**UNITEDHEALTHCARE (effective 01-01-2015)**

- **Employees Only\***
- Receive \$50 in Gift Cards - Requirement: Complete both (1) Online Health Assessment (\$25) and (2) Biometric Data with Physician Form (\$25).
- Gift Card Redemption: An email is sent to member's registered email with instructions on how to redeem the award.
- For any questions about the reward program, member should contact Customer Service immediately at (877) 818 -5826.
- Website: [www.healthyatcola.com](http://www.healthyatcola.com)

\*This is a change from 2014. Dependents are not eligible during 2015 for gift cards.