

Biometrics dispatch script (30 secs)

Employees who are covered by the new CIGNA health plans need to take the online health assessment by July 31. If you don't, your monthly insurance contribution will go up \$25 a month starting Oct. 1.

Before you take your health assessment, though, you need to get your biometrics numbers – your blood pressure, cholesterol, height, weight and waist. You'll need those numbers when you take the health assessment.

CIGNA has made it easy and convenient to get your numbers. Technicians are at city work sites for the next several weeks doing screening for city employees. Call for locations and to schedule an appointment: 800-694-4982.