

Wellness Initiatives: Save Money on Your Health Insurance Rates in 2027

The Wellness Initiatives program provides employees covered by a Montgomery County Public Schools-provided medical insurance plan with opportunities to reduce their health insurance costs through wellness incentives. To qualify for the rate reductions, complete the following steps by October 2, 2026:

1. Schedule an annual physical with your doctor. If you are a Cigna member, you may also complete your physical at a Quest Diagnostics Patient Service Center, or attend a Well Aware on-site biometric health screening.
2. Complete the health risk assessment on your medical plan's website. The assessments are named—
 - Cigna: My Health Assessment
 - Kaiser Permanente: Total Health Assessment

Kaiser Permanente members also must sign the Health Insurance Portability and Accountability Act waiver on the Kaiser Permanente wellness website. Be sure to log in and consent to participate in the incentive program. Without your consent, your information cannot be reported.

Learn more and find links to your medical plan's website on the [Wellness Initiatives for Employees](#) web page.