

## **Taking the Wellness Initiatives**

If you are covered by a Montgomery County Public Schools (MCPS) medical insurance plan through Cigna or Kaiser Permanente, you can learn more about your health and reduce your contributions to your 2027 health insurance premiums, by participating in the Wellness Initiatives program.

By completing the program requirements, you can earn the maximum 2 percent incentive toward your health plan premiums. All you need to do is complete—

- an online health risk assessment, and
- a biometric health screening.

Be sure to take full advantage of the rate reductions by completing your health risk assessment and biometric health screening each year. For instructions on how to complete these steps and details on how participation is reported to MCPS, please visit the [Wellness Initiatives for Employees web page](#).