

Take the Wellness Initiative to Save on Your 2027 Health Insurance

Were you among the Montgomery County Public Schools (MCPS) employees who participated in the Wellness Initiatives program last year and received a reduction in your 2026 health insurance rates? If so, congratulations! If not, there is still time to take advantage of these savings for 2027.

By completing a biometric health screening and/or a health risk assessment by **October 2, 2026**, you will qualify for reduced health insurance costs in 2027.

Biometric Health Screening

If you are enrolled in an MCPS health insurance plan, consider completing a biometric health screening by October 2, 2026*. This screening measures key health indicators such as cholesterol, blood pressure, blood sugar, and body mass index.

Employees who complete the screening will pay 1 percent less toward the total cost of their health insurance in 2027 compared to those who do not.

You can complete your screening—

- during your annual physical with your primary care physician, or
- at an on-site Well Aware health screening (see the [online schedule](#) of dates, times, and locations).

Kaiser Permanente plan members: You MUST register and/or sign in to the [Kaiser Permanente incentive web page](#) to confirm your participation in the Wellness Initiatives program.

Health Risk Assessments

In addition to a biometric health screening, you can save another 1 percent on your 2027 health insurance in 2027 by completing your medical plan's online health risk assessment by October 2, 2026*.

To complete your health risk assessment—

- visit your medical plan's website ([Cigna](#) or [Kaiser Permanente](#)),
- log in to your password-protected account (or create one if needed), and
- follow the on-screen instructions.

You will be asked to provide information such as your blood pressure and cholesterol levels. For this reason, it's recommended that you complete your biometric screening first so you have these numbers available. To qualify for the discount, be sure to complete the entire assessment.

Important Reminder

To receive the premium reductions effective January 1, 2027, you must complete the health risk assessment and/or biometric health screening by October 2, 2026. Please note: You must complete these requirements each year during the designated timeframe to continue receiving the savings.

Take the Wellness Initiative! [Learn more](#).

*The program time frame begins on the first day of Employee Benefits Open Enrollment each fall and ends on the Friday before the next Open Enrollment begins the following year.