

Wellness Initiatives: Complete Your Health Risk Assessment to Learn and Save

Completing your annual Health Risk Assessment gives you valuable insight into your health and helps you take control of your well-being. When you feel your best—physically and mentally—you're better equipped to perform at your highest level.

By completing your medical plan's confidential online questionnaire, you can, in less than 20 minutes—

- learn your risk levels for common health conditions, including heart disease, colon cancer, and diabetes;
- gain a clear picture of your current health status and explore ways to improve it through preventive care, chronic condition support, and online health coaching; and
- access interactive tools and educational resources for deeper insight into your health.

Managing your health has never been easier. Plus, when you complete your Health Risk Assessment by October 2, 2026, Montgomery County Public Schools will reward you with a 1 percent reduction in your 2027 health insurance premiums.

To get started, visit the [Wellness Initiatives for Employees web page](#). There, you'll find links to access the Cigna and Kaiser Permanente health risk assessments, along with log-in instructions. Be sure to visit this web page to learn how the Wellness Initiatives program can help you reduce your health insurance costs in 2027 and beyond.