

The Wellness Initiatives Deadline to Save on your Health Insurance in 2026 Is Almost Here

Have you completed your biometric health screening and health risk assessment yet? If not, you could miss your chance to save on your health insurance in 2026.

If you will be covered by a Montgomery County Public Schools (MCPS)-provided medical insurance plan in 2026 through Cigna or Kaiser Permanente, you can reduce your contributions to your health insurance next year by participating in the Wellness Initiatives program. To participate, complete a **biometric health screening** by October 3, 2025. If you do, MCPS will pay 1 percent more of the total cost of your health insurance (medical, prescription, dental, and vision) in 2026—reducing your contribution by 1 percent. Likewise, if you complete your medical insurance plan's online **health risk assessment** by October 3, 2025, you can save an additional 1 percent on your health insurance in 2026.

For complete information—including instructions for completing your biometric health screening and health risk assessment—visit the [Wellness Initiatives for Employees web page](#). There, you will find links to Frequently Asked Questions (and answers), instructions for accessing your medical plan's health risk assessment, and links to medical plan web pages.

Time is running out! Get your biometric health screening and take your health risk assessment by October 3, 2025!