

Wellness Discount Frequently Asked Questions

What if I don't have a primary care doctor?

It is important to establish yourself as a patient with one doctor who can oversee your health care. We understand that you may not yet have a doctor, and that it can be difficult to schedule an appointment while working full time. You will have the entire calendar year to get your wellness check-up. On MyCigna.com, under the Find a Doctor tab, click on "Select your PCP". You can search for Primary Care Physicians by location, specialty, or even hospital affiliation.

Can I get the discount if I haven't visited my doctor yet?

For current employees who attended the Biometric Screening event or received their health screening at Quest Diagnostics in 2017, you will have all of 2018 to visit your primary care doctor for a preventative exam. If you are a new employee, or did not receive your free health screening in 2017, you must visit your doctor for a check-up before you will become eligible for the Wellness Discount in 2018. If you already had a wellness visit before enrolling on our health insurance plan, please send your doctor the Physician Verification Form so they can confirm the date of your check-up.

How can I show that I went to the doctor for my wellness check-up?

Prior to your visit, print out the Physician Verification Form from our website at www.apg.company/wellness-discount or www.apg.company/forms. Your doctor will sign the form documenting your visit. Submit completed forms to HR.

Does APG get any of my personal information from my doctor or Cigna's Health Assessment?

No. Any information provided to your doctor or to Cigna is confidential and not shared with APG.

Will I still get the discount if my family members don't participate?

All covered members on the plan age 18 and over must participate in order to receive the discount. We allow many options to fulfill the participation requirement, at least one of these should fit the needs of all our APG families.

When will my discount begin?

Once you have submitted your monthly participation screen shot or calendar, the discount will start on the first work week of the next month which is paid the following week. If you lose the discount for any specific month, it will be reinstated according to this timeline the month after you again become eligible.

Can I lose my discount?

The wellness discount requires regular participation for all covered members ages 18 and over. We will need to receive a screenshot or other verification of their monthly participation in order to remain eligible for the discount. An email will be sent approximately the third week of the month to all employees reminding them to submit their screen shots. If we have not received this information from you and all eligible family members by the end of the month, your discount will be removed. If you submit your screen shot late, your discount will be reinstated, but you will not be credited for any previous weeks. If you do not qualify and you lose your discount for the month, it can be reinstated the first work week of the month once you again become eligible.

I am very busy. Will this take a lot of time?

Our wellness discount program is designed to be flexible. For those who prefer online tools, you may enjoy using Cigna's online coaching or the Coach By Cigna app. Others do better with a monthly calendar, writing their workouts or tracking hydration and nutrition. Many prefer to let their wearable fitness device automatically track their activities and workouts, and then submit a screenshot from the app's dashboard at the end of the month.

What is the APG Challenge Group?

APG will run several health-related challenges throughout the year. Challenges will be announced in our company newsletter and also by email. These Challenges will also be managed on our private APG Facebook Challenge Group (www.facebook.com/groups/APGChallengeGroup/). Since this is a private group, you will need to go to the page and click "Request to join" in order to be added as a member. Specifics will be given prior to each challenge on how you can have your participation count as your monthly fitness submission. You can email wellness@apg.company for more information.