



City of Little Rock Benefits Risk & Wellness

2023 First Quarter Benefits Update

DO YOU HAVE QUESTIONS ABOUT YOUR CIGNA MEDICAL COVERAGE?

If so, you are in luck. **Dionne Craig** is the City of Little Rock's new on-site Cigna representative. Her office is located in the Human Resources Department and she will be onsite Mondays, Tuesdays and Thursdays. Dionne can be reached at Cigna@LittleRock.gov or call Human Resources at 501.371.4590.

Have You Registered for myCigna.com

There's so much you can do on **myCigna.com** or the **myCigna® App** – from finding in-network doctors and comparing costs, to accessing a variety of health and wellness resources.

[Click here for the Annual Preventive Care Exam form](#)

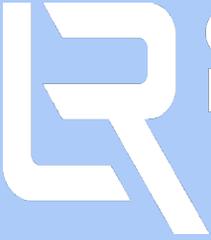
Easy to register

- › Go to **myCigna.com** or launch the **myCigna App** and select "Register Now"
- › Enter requested information
- › Confirm your identity
- › Create your security information and provide your primary email address
- › Review and submit

Download the myCigna App



LIVE HEALTHIER IN 2023



CITY OF
LITTLE ROCK



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You must have an Annual Wellness Exam by December 15, 2023, to continue to qualify for the Wellness Premium Discount. **WE WILL NOT BE ACCEPTING BIOMETRIC SCREENINGS** in place of a Wellness Exam. You must meet with a Physician in person or virtually.

Schedule a virtual wellness screening with a board-certified **MDLIVE** doctor by video or phone.

A virtual wellness screening:

@ myCigna.com

Manage Your Health Benefits On-the-go!

If you'd like to check your Flexible Spending and Dependent Care Account balances and submit receipts from anywhere, the Consolidated Admin Services (CAS) mobile app lets you easily and securely access your health benefits accounts, submit claim, and upload receipts at any time.



Download the CAS App



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03/15/2023



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NON-UNIFORM DEFINED BENEFIT PLAN (DB14)

The 2022 annual DB14 participant statements will be delivered to employees in March. As in previous years, once the statements are distributed, a notice will go out to all employees regarding Service Purchase. This is generally around April 1, and employees will have two weeks to notify the Benefits Division if they have interest in purchasing service credit.

COMING IN APRIL

The City of Little Rock provides more than medical, dental and vision coverage for its' employees. Employees also have access to: Life and AD&D Insurance, Accident Insurance, Critical Illness and Cancer Insurance, Medical Flexible Spending and Dependent Care Accounts, and Health Savings Accounts. We are teaming up with our benefit partners to provide in-person education on these ancillary benefits. With summer approaching fast, we want to ensure that employees take advantage of the benefits they are paying for.

SWEAP Connections

A CALL AWAY FOR EMPLOYEES WHO NEED HELP

Call for confidential help at no costs to you

- Stress Management
- Alcoholism & chemical dependency
- Emotional problems such as grief, anxiety & depression
- Marital & family problems
- Parenting
- Gambling
- Chronic or life-threatening illnesses
- Job & interpersonal relationships

**To contact your EAP call,
501.663.1797 or 800.777.1797**

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