

June 2024



# Did You Know...

## It's That Time of Year Again!

To receive your discounted wellness incentive for 2025, bring your Physician Certification and Health Risk Assessment Forms to your doctors' office when you go for your annual physical.

### QUICK REMINDERS:

- Physical must have been received between 11/1/23 – 10/31/24. If you submit an old form, it will not be accepted.
- Form must be signed and dated by the physician.
- CMSD Employees and Spouses are required to submit their forms separately, via their respective accounts, through the PeopleOne Portal.
- *Employees, please use your CMSD email address.*
- Forms are to be submitted to PeopleOne by October 31, 2024.

For more information on eligibility, how to submit your form or how to create an account, visit <https://mycmsdbenefits.com> or scan the QR code for more information!



### How to submit your physician certification form:

- Login to your PeopleOne Health portal
- Click 'Programs' on the navigation menu
- Scroll to 'Physician Certification and Health Risk Assessment' program step and click to dropdown
- Click blue bar 'Physician Certification and Health Risk Assessment', download and print form
- Download 'CMSD Physician Certification Form' and Print
- Download 'CMSD Health Risk Assessment Form' and Print
- Provide both forms to your physician for signature and upon form completions, click 'Choose' and locate your complete form, click 'Add File'
- This step will be marked with a gold checkmark upon completion

### Congratulations, you're all set!

Please note: *You are encourage to keep forms for your records.*



To learn more about your benefits, visit [www.mycmsdbenefits.com](http://www.mycmsdbenefits.com)

