

September 2024



Did You Know...

Time is running out!

Physical Forms are due by
October 31, 2024



For additional information on:

- Downloading your forms
- Information on eligibility
- How to submit your form
- How to create an account

Scan the QR code or visit;

www.mycmsdbenefits.com/wellness

QUICK REMINDERS:

- 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.*

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

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

The deadline is approaching fast, be sure to submit your form!



To learn more about your benefits, visit www.mycmsdbenefits.com