

Wellness Initiatives Deadline for 2026 Will Be Here Soon

An important deadline is coming this Friday, October 3, 2025.

The Montgomery County Public Schools (MCPS) Wellness Initiatives program provides you with incentives to reduce your health insurance costs for 2026 and beyond. If you are covered by an MCPS-provided medical insurance plan, complete your biometric health screening and your insurance provider's online health risk assessment by October 3, 2025—and yearly thereafter—to take advantage of the rate reductions.

How do you earn the incentives?

- Earn the first 1 percent premium cost share reduction by completing a biometric health screening by seeing your doctor for an annual physical or, for Cigna members, visiting a Quest Patient Services Center.
- Reduce your cost by another 1 percent by completing your medical plan's health risk assessment on its website.

For Kaiser Permanente members, be sure to log in to your incentive portal to consent to your participation in the program. Without your consent, your information will not be reported.

Take the Wellness Initiative! [Learn more](#).