

The Diocese of Kansas City- St. Joseph  
Medical Premium Discount  
Plan Year 2026

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Premium Discount

\$600 (\$50 per month) for the 2027 plan year.

Eligibility

Lay employees enrolled in one of the Cigna medical plans.

Requirements Deadline

October 31<sup>st</sup>, 2026.

Get Started

Register on the Cigna portal at MYCIGNA.COM.

Note: You will need your Cigna member ID card.

Requirements

Complete an annual exam or biometric screening.

Complete the Health Assessment on the Cigna portal.

Note: Request a copy of the Health Assessment in Spanish by emailing [Wellness@diocesekcsj.org](mailto:Wellness@diocesekcsj.org).