

HOW HEALTHY ARE YOU?

Complete an easy online health assessment to receive a personalized wellness score.



Taking a health assessment on **myCigna.com**® is easy, confidential and only takes about 15 minutes. Follow these simple steps to get started.

Step 1: Know your numbers

Before you start, you'll need some basic information.

- › Blood pressure numbers
- › Cholesterol levels
- › Height, weight and waist measurement

Step 2: Go to myCigna.com

- › Log in to **myCigna.com**
- › Click on the Wellness tab and then click Health Assessment
- › Get started

Step 3: See where you stand

After you're finished, the program will analyze your answers and create a personal health report, including:

- › Information about potential risks
- › What you can do now to get healthier
- › Where to find resources and support

Step 4: Get moving

With a better understanding of your health and potential risk factors, it's time to take action.

- › Cigna may invite you to take part in a helpful online coaching program
- › Share your report with your provider and create a plan to improve your health
- › Use the tools and resources on **myCigna.com** to set and achieve healthy goals

The more you know about your health, the easier it is to take care of it. Log in to myCigna.com and take your health assessment today.



Questions?

Call **800.Cigna24**, anytime. We're here to help.

Or visit cigna.com/healthassessment

Customers under age 13 (and/or their parent/guardian) will not be able to register at myCigna.com.

If you are unable to participate in any of the program events, activities or goals due to a disability or other reason, you may be entitled to a reasonable accommodation for participation, or an alternative standard for rewards. Please contact Cigna.

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