



2009 **Biometric Screening** Results Booklet

congratulations

on taking steps to improve your health and well-being!

Your results from today's biometric screening can be found inside this booklet. In addition we strongly encourage you to complete **my health assessment, the University of Michigan Health Assessment (HA)**, an on-line confidential health questionnaire designed to identify your health risk behaviors based on your health history and lifestyle.

Upon completion of the questionnaire, you will receive a comprehensive summary detailing your health risks and suggestions or strategies to reduce those risks and promote healthful living. Here is how you get started:

- 1 Log in to **myCIGNA.com** using your User ID and Password, and then select "Go."
- 2 If you are not yet registered for **myCIGNA.com**, you will need to do that first:
 - a. On the **myCIGNA.com** log-in screen, in the bottom-left menu, select "Register."
 - b. Follow the registration instructions and enter the required information. Log in using your new User ID and Password.
- 3 Once logged in, select the "MY PLANS" tab near the top of the page. On the right side of the next page you'll see a box labeled "I want to..." Select the link that says "Take my health assessment."
- 4 On the next page, select your name. A new window will open to the my health & wellness center log-in page.
- 5 On the log-in page, under "New Users," select "Register for my health & wellness center."
- 6 Follow the registration instructions and complete all required fields.
- 7 When registration is complete, the next page will be the my health & wellness center home page. From here, you can take your health assessment or join an Online Health Coaching Program.

