my health assessment

HOW TO GET STARTED ON YOUR JOURNEY TO WELL-BEING

Taking a health assessment is a quick and easy way to determine the current state of your overall health, and to figure out what steps you need to take now to improve your health in the future. After all, when you're healthy, you have the strength and confidence to be your true self.

Before you start taking your health assessment, be prepared to have the following: your blood pressure, total cholesterol, HDL cholesterol, height, weight and waist circumference. If you don't know these, you can answer, "I'm not sure," but answering all questions produces the best results.

Use the instructions below to access and register for *my health & wellness center* (the name of the webpage where the health assessment is located). If your spouse or child (age 18 or older) needs to take the health assessment they will need to register and take the assessment using the same instructions – they must register, create a personal account and complete their own health assessment to be counted toward completion.

Please note: A spouse or dependent will need to use the **subscriber's** Social Security Number (SSN) when registering - not their own SSN. They will also need to enter the **subscriber's** ZIP code. (The subscriber is the person who enrolled in the health plan). Reading all instructions carefully when registering will ensure the right information is being provided.

1. Go to myCigna.com

- If you have not previously registered for *my health & wellness center* or **myCigna**, select the "Register" button and complete the registration process.
- If you have previously registered for *my health & wellness center* or **myCigna**, log in with your User ID and Password.

2. Select the "Take *My Health Assessment*" link on the homepage.
Just look for the big red apple in the center of the screen. The health assessment link will be one of the rotating options on the homepage.

3. After selecting "Take *My Health Assessment*" you will be transferred to the *my health & wellness center* homepage where you can take the health assessment.

GO YOU℠

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