HOW HEALTHY ARE YOU?

Complete an easy online health assessment and earn $250**

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
› Go to the My Health tab
› Click on the health assessment tile
› 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 doctor and create a plan to improve your health
› Use the tools and resources on myCigna 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.

***Complete a Know Your Numbers health screening and complete your wellness profile via myCigna.com and earn a $250 participation reward. The Know Your Numbers general health screening consists of Body Mass Index (BMI), Cholesterol Level, Blood Pressure, and Blood Glucose Level.

All screenings and profiles must be completed by June 30, 2017

Together, all the way.®