

MY HEALTH ASSESSMENT



It's about my life

You want to make some lifestyle changes. Maybe you've been feeling a little sluggish and are looking to increase your energy level. Or perhaps you want to lose some weight and just don't know where to begin. Why not begin by completing the online health assessment for a profile of your health and health status?

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.

1. To start

1. Log in or register on **myCigna.com**
2. Click on the Manage My Health tab
3. Select My Health Assessment
4. On the next page click *Take My Health Assessment*.

Have your blood pressure, total cholesterol and HDL cholesterol numbers ready so you can put them in when asked.

Welcome to my health & wellness center!

my health assessment

94
10/30/2013

Current Wellness Score

Poor Good Excellent

VIEW CONFIRMATION

How do you measure up? Track your health score over time and see how you compare.

TAKE MY HEALTH ASSESSMENT AGAIN

2. My wellness score

After completing the health assessment, you'll receive a wellness score based on how you compared to people in your gender and age group. Don't worry if your numbers are not what you hoped for. You can update the assessment whenever you make a change to your health. You'll be surprised how just a few simple changes can improve your wellness score significantly.

My Wellness Score

Age: 32 Sex: female

Your Wellness Score comes from the information you provided on your health assessment. Improving health and updating your routine preventive services will improve your score in the future.

Current Wellness Score

98
10/01/2013

Poor Good Excellent

3. Support

But that's not all. You'll also get recommended next steps to help you get started on a path to better health. And based on your responses, you may also receive a web invitation to join one of our Online Health Coaching Programs for the support you need to get healthy and stay healthy. Joining is easy, and there's no cost to you for participation.

Together, all the way.™



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