



GET MORE THAN A HEALTH ASSESSMENT

Get a connection to better health

Our health assessment is more than a list of questions. It's a quick, easy way to understand where you are with your health today. So we can help you learn more about what you can do to improve your health in the future.

To make it even easier, it works like a game.

- › Choose your game piece
- › Answer questions to complete the steps of your assessment journey
- › Finish with information, recommendations and connections to health improvement opportunities
- › Earn rewards for taking action and achieving goals.* Reasonable alternatives may be available for certain activities. Please refer to program materials for more information.

*Reward eligibility and type may vary based on plan offering. Incentive awards may be subject to tax; you are responsible for any applicable taxes.



So, come play

- › Go to **myCigna.com**
- › Select the “Wellness” tab
- › Click on “Health Assessment”
- › Get started

Questions? Call **855.273.3551** for more information.



If you are eligible for an incentive as part of your Employer wellness program: For all participants - If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Please refer to your Employer's program materials for program and contact information, or contact Cigna at 855.246.1873 and they will work with you and, if you wish, with your doctor.

For participants who may have an impairment - If you are unable to participate in any of the program events, activities or goals because of a disability, you may be entitled to a reasonable accommodation for participation, or an alternative standard for rewards. For worksite accommodations please contact your Employer at Please refer to program materials for more information. For accommodations with online, phone or other Cigna programs, please contact Cigna at 855.246.1873.

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