

# MORE THAN A HEALTH ASSESSMENT.

It's your connection to better health.

## Take your health assessment today.

Our new health assessment is more than a list of questions. It's a quick, easy way to learn more about living a happier, healthier life. And it even works like a game.

- › Choose your game piece to begin
- › Answer questions and complete each step of your assessment journey
- › Finish with information, recommendations and connections to health improvement opportunities



Together, all the way.™



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## Come play.

1. Log in to **myCigna.com**.
2. Go to the "My Health" tab
3. Click on the health assessment tile
4. Get started

## If you have never registered for myCigna:

1. Go to **myCigna.com**.
2. Register with your Cigna ID, SSN or take the personal questionnaire
3. Go to the "My Health" tab
4. Click on the health assessment tile
5. Get started

Questions? Call 1.866.494.2111