

Returning user access to *my health assessment* ...

Getting ready

Taking a health assessment is a great way to learn more about your overall health and track your health over time. It will also help you understand what you can do to maintain or improve your health.

Be ready for the health assessment by knowing the following: your blood pressure, total cholesterol, HDL cholesterol, height, weight, and waist circumference. If you don't know these numbers, you can answer "I'm not sure," but you should try to enter all the numbers for the best results. (You can return later to update your assessment with new information.)

Use the instructions below to take your health assessment.

If your spouse or a child age 18 or over needs to take the health assessment, they need independent access through their own *my health & wellness center* account.

Start here:

1. Log in to **www.myCIGNA.com** with your User ID and Password.
 - If you have forgotten your User ID or Password, select the **Forgot your User ID?** or **Forgot your Password?** link and follow the instructions.
2. After you log in, locate the picture of the red apple on the right-hand side of the page. Select the **Take *my health assessment* now** link.

For you?

3. On the next page, select your name. A new window will open to the *my health & wellness center* home page. From here, you can take your health assessment or join an online health coaching program.

For your dependent?

Note: Follow these steps to provide your spouse or a child age 18 or over with instructions on how to access the health assessment. They will not be able to access the health assessment until you provide them with the instructions.

3. On the next page, select the name of the person you wish to provide the instructions to. A new window opens showing the *my health & wellness center* access instructions.
4. Print out the instruction form. This form contains the information your spouse or child needs to log in to their own *my health & wellness center* account.
5. Give the instruction form to your spouse or child. Ask them to log in to their own *my health & wellness center* account to take the health assessment or join an online health coaching program.



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