

How to register for *my health and wellness center...*

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 and improve your health. It's quick and easy!

When taking the health assessment, know the following: your blood pressure, total cholesterol, HDL cholesterol, height, weight, and waist circumference. SchoolCare requires these biometric data measures in order for the Health Risk Assessment to be considered 100% complete and eligible for the \$150 cash incentive.

Use the instructions below to access and register for **my health & wellness center** (the name of the webpage where the health assessment is located). If your spouse or child (age 18 or older) needs to take the health assessment they will need to register and take the assessment using the same instructions – they must register, create a personal account, and complete their own health assessment to be counted towards completion.

Start here:

1. Go to **myCIGNA.com**
 - If you have previously registered for myCIGNA, log in with your User ID and Password
 - If you have not previously registered for myCIGNA, select the "Register" button and complete the registration process
2. If you're the policyholder, select the *Take My Health Assessment* link on the homepage, just look for the big red apple on the center of the screen. (A different page will appear for spouses and dependents and they should select the "my health and wellness center" link.)
3. On the next page select your name
 - If you have already accessed *my health & wellness center* from myCIGNA, you may automatically go to your *my health & wellness center* home page
 - If you have not accessed *my health & wellness center* from myCIGNA, you will be asked if you've taken a health assessment, or signed up for a *my health & wellness center* account:
 - Select "yes" if you took the health assessment during pre-enrollment or if you already registered in a previous year. Then enter your login information to access your *my health & wellness center* homepage, where you can take the health assessment
 - Select "no/not sure" to proceed to registration
 - You can now take your health assessment

