

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. 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 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.



"CIGNA," "CIGNA HealthCare" and the "Tree of Life" logo are registered service marks of CIGNA Intellectual Property, Inc., licensed for use by CIGNA Corporation and its operating subsidiaries. All products and services are provided exclusively by such operating subsidiaries and not by CIGNA Corporation. Such operating subsidiaries include Connecticut General Life Insurance Company, Tel-Drug, Inc. and its affiliates, CIGNA Behavioral Health, Inc., Intracorp, and HMO or service company subsidiaries of CIGNA Health Corporation and CIGNA Dental Health, Inc. In Arizona, HMO plans are offered by CIGNA HealthCare of Arizona, Inc. In California, HMO plans are offered by CIGNA HealthCare of California, Inc. and Great-West Healthcare of California, Inc. In Connecticut, HMO plans are offered by CIGNA HealthCare of Connecticut, Inc. In Virginia, HMO plans are offered by CIGNA HealthCare Mid-Atlantic, Inc. In North Carolina, HMO plans are offered by CIGNA HealthCare of North Carolina, Inc. All other medical plans in these states are insured or administered by Connecticut General Life Insurance Company.