

# How To Register on mycigna.com and take My Health Assessment<sub>sm</sub>

The Award-Winning CIGNA Member Website with the University of Michigan Health Risk Assessment

\*If registering in order to complete the **Health Assessment**, you may find it useful to have information on your current health conditions, family history, and recent screening results.

- Enter **www.mycigna.com** in the web address line on your browser.
- Click on the **Register** button in the Log In section located on the left side of the page.
- Enter your **Date of Birth, ZIP Code** and either your **Member ID number or Social Security Number** which is printed on your ID card.
- Enter **Demographic and Security Information:**
  - First Name/Last Name
  - Email address (optional)
  - City of Birth
  - Answer to Personal Question to confirm identity
  - Permanent User ID
  - Permanent User Password

A **Confirmation Page** will appear. Click “Accept” if all information is accurate.

- Click on “**My Health Assessment<sub>sm</sub>**” which appears on right hand side of screen under “I Want To.....”
- Click on “Log **in or Register**”  
If accessing the Health Assessment for the first time, click on “Log in or Register”. If you have taken the assessment before, you can click on “View Report” or “Take Again”.

## At My Health and Wellness Center

- Enter **Demographic and Security Information**
  - Date of Birth
  - Mailing Address
  - Email Address/Confirm e-mail address
  - Gender
  - Create Username
  - Create Password/Confirm Password
  - You will be asked to choose 2 identifying questions to confirm identity

*(You can use the same username and password that was used when you registered on mycigna.com)*

A **Confirmation Page** will appear. Click “Complete” if all information is accurate.

You will now be directed back to the Health and Wellness Center to “**Take my Health Assessment<sub>sm</sub>**”.



**My User ID is** \_\_\_\_\_

**My User Password is** \_\_\_\_\_

**My User ID is** \_\_\_\_\_

**My User Password is** \_\_\_\_\_

For Technical support, please call:

mycigna.com - 800-284-8346

Health Assessment - 800-569-5242