



Wellness Screening Form instructions

If you complete your biometric screening at a lab other than Quest or Labcorp, you may need to have your provider complete the Wellness Screening Form for you to submit to earn your incentive.

- Login your myCigna.com account or the Cigna app.
- Go to **Wellness** under the main menu
- Under the **Rewards** tab, click or tap **Earn Rewards**
- Scroll down and click or tap **Complete a Biometric Screening**
- Click or tap the **Take Me There** button
- Under the **Download Form** header, click or tap **Generate Form**
- Download your form, which is auto-populated with some of the required information
- Bring this document to your lab work appointment and ask your provider to complete the bottom half of the form
- Go back to the page you downloaded it from to upload the completed copy OR fax it to the number on the form

[illegible]

Please ensure the form is filled out completely and both you and your provider have signed it before submitting it for approval.

IMPORTANT: You must download the form from your Wellness Portal each year and submit it no later than June 30th of the current plan year to complete this incentive and earn your Wellness Cash. Previous versions of this document will not be validated.