

HAVE YOU TAKEN THE HEALTH ASSESSMENT YET?

It's like a quiz, but a whole lot more helpful.



When you take the health assessment on **myCigna.com**[®], you'll get a better understanding of where you are with your health today, and what choices you can make to help improve your health tomorrow. The assessment is personal and confidential.

It's also really easy.

You'll answer some simple questions about your health and habits — all in less than 20 minutes. Then, you'll get a thorough review of your overall health.

From there, we'll be able to give you information and recommendations to help you improve your health and enjoy life even more.

Get started today on **myCigna.com**[®] or the myCigna[®] app, 24/7/365.

Employees can receive a \$50 gift card for completion of their health assessment.

The health assessment on myCigna.com is:

- › Convenient
- › Confidential
- › Cost-free

For more information, call the number on the back of your ID card.



Or visit cigna.com/healthassessment

App/online store terms and mobile phone carrier/data charges apply.

Customers under age 13 (and/or their parent/guardian) will not be able to register at myCigna.com.

If you are unable to participate in any of the program events, activities or goals due to a disability or other reason, you may be entitled to a reasonable accommodation for participation, or an alternative standard for rewards. Please contact Cigna.

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