

HOW TO TAKE HEALTH ASSESSMENT TO ACTIVATE CHOICE FUND DOLLARS

www.mycigna.com

Enter username and password, OR, if have never registered before you will need your Cigna ID# to set up an account.

Next screen..

The screenshot shows the Cigna myCigna.com website interface. At the top, there is a navigation bar with the Cigna logo and user information: "Hi Joanne | Profile | Contact | Forms | Español | Log Out". Below this is a search bar with the text "search myCigna.com" and a "SEARCH" button. A horizontal menu contains several options: "REVIEW MY COVERAGE +", "MANAGE CLAIMS & BALANCES +", "FIND A DOCTOR, DENTIST OR FACILITY", "CIGNA HOME DELIVERY PHARMACY", "ESTIMATE HEALTH CARE COSTS", and "MANAGE MY HEALTH +". The "MANAGE MY HEALTH +" option is circled in red, and a dropdown menu is open below it, listing various services: "Manage My Health", "My Health Dashboard", "My Health Assessment" (highlighted with a red arrow), "My Health Assistant Online Coaching", "My Health Records", "My Health Advisor", "Talk to a Nurse - 24-Hour Health Information Line", "My WebMD Health Manager", "Health Encyclopedia", and "My Health Programs & Resources".

Below the navigation bar, there is a main content area with a large heading "Take time for this test" and a sub-heading "Be your healthiest self by getting screened in the comfort of your home". A "REQUEST A KIT" button is visible. To the left of this heading is a clipboard icon. Below the heading are two promotional boxes: "ID cards" with a "Get one today" button, and "myCigna on the go" with a "Learn More" button.

At the bottom of the page, there are four columns of links:

- I want to...**
 - Print or Request ID Cards
 - See my Explanation of Benefits (EOB) Documents
- Go to Cigna Home Delivery Pharmacy**
 - Order a New Prescription
- Stay Healthy**
 - My WebMD Health Manager
 - My Health Assistant Online Coaching
- Help**
 - Change Other Insurance Information
 - Health Care Glossary
- Contact Cigna**
 - Customer Service & Claim Offices



HOME

HEALTH ASSESSMENT



Welcome to *my health & wellness center!*



How do you measure up? Track your health score over time and see how you compare.

[TAKE MY HEALTH ASSESSMENT AGAIN](#)

BOTTOM OF NEXT SCREEN YOU'LL NEED TO CONFIRM YOUR INFORMATION (NAME, DOB, GENDER)

Health Assessment takes 15-20 minutes to complete. Can save/resume up to 3 days.

Page 1 - Personal information (add phone number)

Page 2 - Height/Weight, Waist Circumference (enter goal weight 😊)

Page 3 – Blood pressure, Total Cholesterol and HDL (select I'm not sure)

Pages 4 – 22 Lifestyle questions (must answer all).