

# *How to Access my health assessment*

1. Navigate to **www.myCIGNA.com** and log in using your User ID and Password, and then select "Go." If you are not yet registered for myCIGNA.com, you will need to do that first:
  - a. On the www.myCIGNA.com log-in screen, in the bottom-left menu, select "Register."
  - b. Follow the registration instructions and enter the required information. When finished, you will be asked to log in using your new User ID and Password.
2. Once logged in, select the "MY PLANS" tab near the top of the page. On the right side of the next page you'll see a box labeled "I want to..." Select the link that says "Take *my health assessment*."
3. On the next page, select your name. A new window will open to the **my health & wellness center** log-in page.
4. On the log-in page, under "New Users," select "Register for **my health & wellness center**."
5. Follow the registration instructions and complete all required fields.
6. When registration is complete, the next page will be the **my health & wellness center** home page. From here, you can take your health assessment or join an Online Health Coaching Program.

## **Know Your Numbers**

**my health assessment** will request your blood pressure, total cholesterol, HDL cholesterol, height, weight, and waist circumference. If you are unsure what your blood pressure and cholesterol values are, you may answer "I'm Not Sure."

**Please note:** Your health assessment registration process provided above is only required for the first time you access your health assessment. In the future, after accessing your health assessment for the first time, you will need only to navigate through step 3 above and you will automatically be logged in to **my health & wellness center**.

Your covered spouse or adult child (age 18 and older) needs independent access to my health & wellness center in order to complete his/her own health assessment. You must first set this up on his/her behalf. Please see "*How to Login for Dependents*" Instructions.