

# my health assessment it's about my life

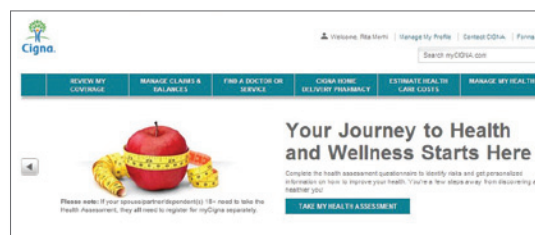


You want to make some lifestyle changes. Maybe you've been feeling a little sluggish and are looking to increase your energy level. Or perhaps you want to lose some weight and just don't know where to begin. Why not begin by completing the online health assessment for a profile of your health and health status?

Taking a health assessment is a quick and easy way to determine the current state of your overall health, and to figure out what steps you need to take now to improve your health in the future. After all, when you're healthy, you have the strength and confidence to be your true self.

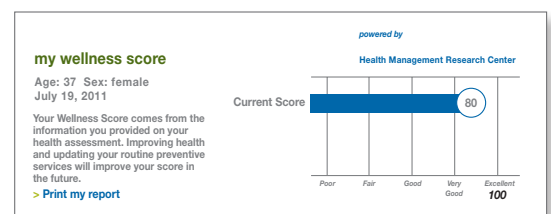
## 1. To start

Log in or register at [myCigna.com](http://myCigna.com) and select Take my health assessment to the right of the screen and follow the registration instructions until you reach *my health & wellness center*. Select the "Take My Health Assessment" link on this page. Just look for the red apple in the center of the screen (it is one of the rotating options). Try to have your blood pressure, total cholesterol and HDL cholesterol values with you when completing the health assessment.



## 2. My wellness score

After completing the health assessment, you'll receive a wellness score based on how you compared to people in your gender and age group. Don't worry if your numbers are not what you hoped for. You can update the assessment whenever you make a change to your health. You'll be surprised how just a few simple changes can improve your wellness score significantly.



## 3. Support

But that's not all. You'll also get recommended next steps to help you get started on a path to better health. And based on your responses, you may also receive a web invitation to join one of our Online Health Coaching Programs for the support you need to get healthy and stay healthy. Joining is easy, and there's no cost to you for participation.



# Online Health Coaching Programs

When you enroll in any of Cigna's Online Health Coaching Programs, you'll experience the encouragement and support you need to start making healthy lifestyle changes. We offer individual programs that focus on sleep, physical activity, nutrition and stress.



## Sleep Better, Feel Better, Live Better

Learn how to decrease stress levels and improve the quantity and quality of your sleep, as well as your energy and alertness.

**Duration: 6 weeks**



## Energy & Performance

Focus on increasing your energy levels and fitness through better lifestyle habits, and learn how to reach and maintain better body weight.

**Duration: 8 weeks**



## Feel Better, Look Better

You can get healthier and feel healthier by making better eating and exercise choices and decreasing your weight and Body Mass Index (BMI) score.

**Duration: 8 weeks**



## Strength & Resilience

Find the support you need to balance work/life, decrease stress levels and improve coping skills.

**Duration: 8 weeks**

Making better choices for ourselves is never easy. We all want to do better, but don't always have the support we need, when we need it. That's what makes my health assessment and the Online Health Coaching Programs so easy. You can access them day or night. Answer the questions with ease as your answers are strictly confidential. So, don't wait any longer and complete the online health assessment today because it's all about your health and your life.



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