



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?

The health assessment can give you an idea of the **current state of your health**. Based on your responses, you'll also learn if you are at any risk for certain conditions like diabetes or high blood pressure.

1 To start

Log in to **www.myCIGNA.com** and select the "MY PLANS" tab near the top of the page. Select *Take my health assessment* to the right of the screen and follow the registration instructions until you reach *my health & wellness center*. Select *Take my health assessment now* and follow the steps through the questionnaire. Try to have your blood pressure, total cholesterol and HDL cholesterol values with you when completing the health assessment.

I Want to...

- Find a doctor, hospital or special facility.
- Estimate medical costs for a condition or procedure.
- ▪ *Take my health assessment.*
- Print a temporary ID card.
- Request a new ID card.
- Compare hospitals.
- Learn more about Well Informed.

2 My wellness score

After completing the health assessment, you'll receive a wellness score based on how you average 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.



powered by
THE UNIVERSITY OF MICHIGAN
Health Management Research Center

my wellness score

Age: 37 Sex: female
Apr. 02, 2008

Your Wellness Score comes from the information you provided on your health assessment. Improving health and updating your routine preventive services will improve your score in the future.

> [Print my report](#)

Current Score **80**

Poor	Fair	Good	Very Good	Excellent
				100

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 or your plan for participation.



Online Health Coaching Programs



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



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



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



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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