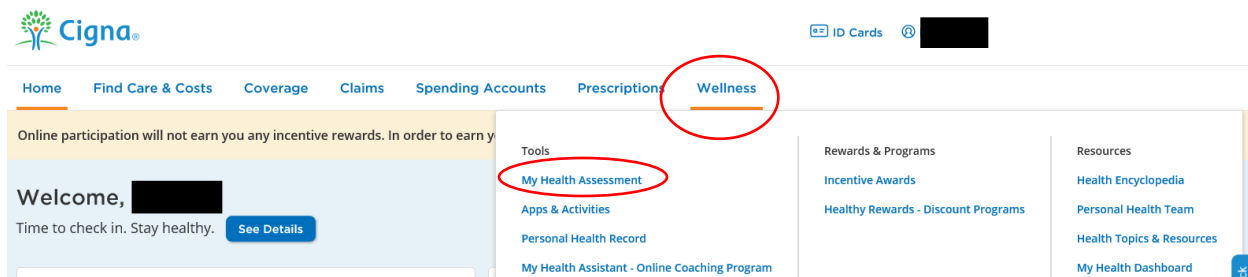


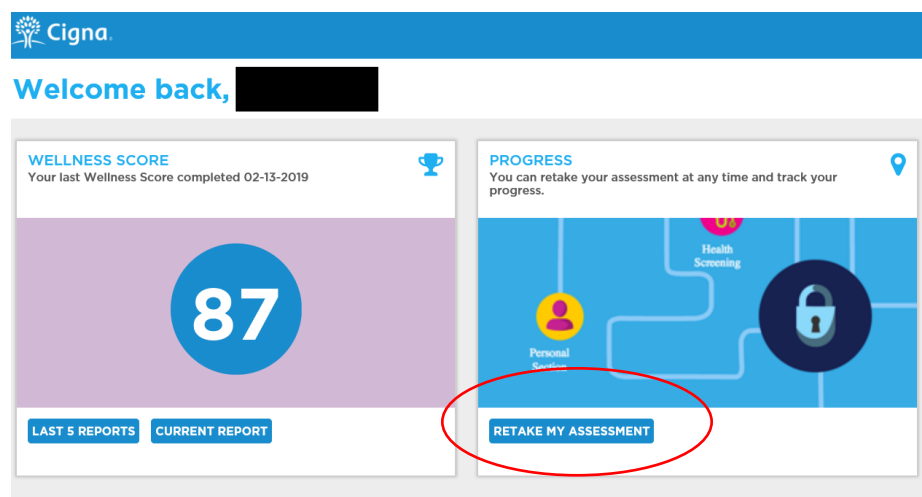
Completing your Health Risk Questionnaire

To get to the MyCigna site, go to www.mycigna.com and login to your account.

1. Once you log into your MyCigna account, click on the “Wellness” tab at the top and then click “Take My Health Assessment”.




- From here, click on “Take My Assessment” or “Retake My Assessment”. If you have taken this before, it will show as “Retake”.



- Click “Next” on the welcome page and agree to the privacy statement.

You can have a positive impact on your health and life -- today.



By taking the assessment, you'll gain knowledge about what you are doing well and areas that may need work when it comes to things like nutrition, exercise, managing your stress, life/work balance. With this knowledge you will have the power to make positive changes in your life.

If you have health coaching available, we can find a program to help you create healthy habits. Best of all, you can retake the assessment and track your progress over time. How cool is that?

Are you ready to begin your journey to better health? We'll be with you every step of the way.

NEXT

When you complete a Health Assessment, you share important information about your health-related activities and behaviors, and whether you have or had certain medical conditions (e.g. cancer, diabetes, heart disease). We use this information to identify programs and services that can help you stay healthy, improve your health, or address other health-related issues. Examples of these services are health coaching and online health and wellness programs. You may ask your plan administrator for details about the programs and services available with your plan.

In addition to the uses described in [Cigna's on-line privacy notice](#), we may also share and use information from your Health Assessment as follows:

- With the administrator of your health plan (“Plan Administrator”), its service provider, vendor, consultant, or other recipient designated by the Plan Administrator (collectively, “Plan Administrator or designees”), in order to administer an incentive program for you (employee or spouse)


NO THANKS **I AGREE**

- Identify your gender, race and birthdate. (Note: women will need to verify if they are pregnant or not).

What is your gender? MALE ☐ FEMALE ☒


Are you pregnant? YES ☐ NO ☐

What is your race?

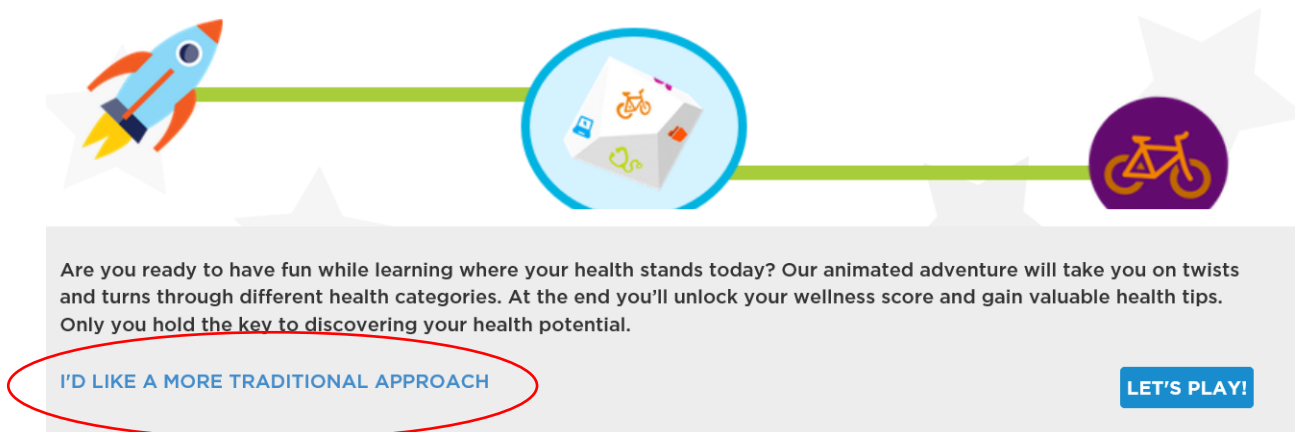
SELECT YOUR RACE 

What is your date of birth?

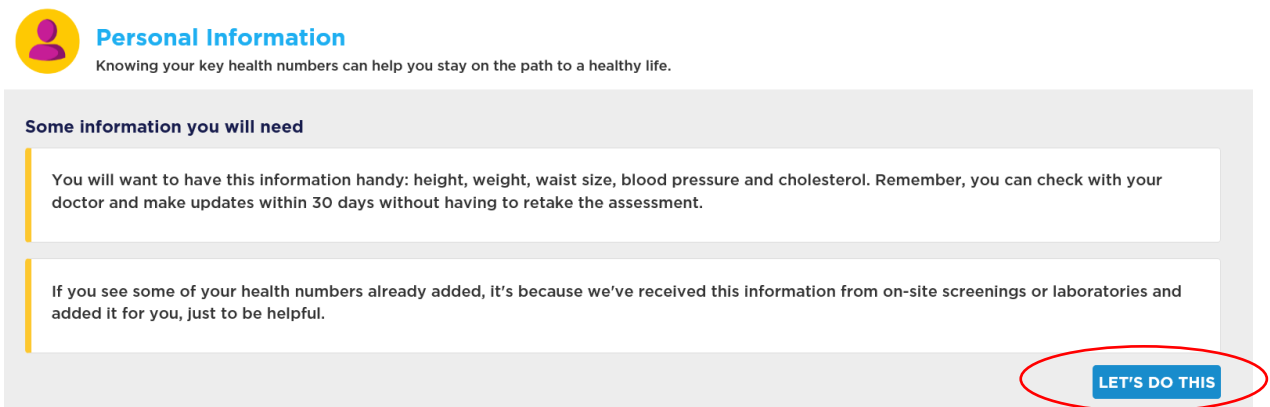
MONTH DAY YEAR

 Why we ask? **NEXT**

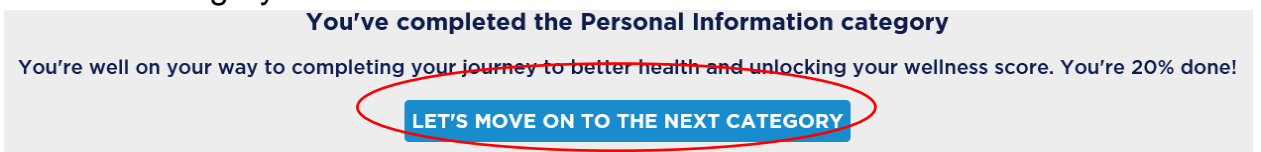
- Choose “Let’s Take a More Traditional Approach”. When prompted again, confirm that you would like to take a more additional approach.



- Click on “Let’s Do This!” The Personal Information sections asks questions about your personal health, like cholesterol, and blood pressure. If you do not know these values, feel free to click “I don’t know” or “I’m not sure”. You will have 30 days to update your current assessment (update with your actual number) and you can re-take the assessment at any time.



- There are 5 categories that you will need to complete (Personal Information, Lifestyle, Life & Work, Medical History, and Health Screenings). At the end of each section, click on “Let’s move on to the next category”.



After you complete the Health Assessment, you will receive a “grade.” **Be sure that you see a grade or a confirmation number to ensure completion of the assessment.** The point for completion of the HRQ will be loaded into your mycigna.com Incentive Awards profile in about a week of the completion date.

View all Premium Incentive Points

Click on the “Wellness” tab at the top left of your MyCigna home page. Then click on “Incentive Awards”.

The screenshot shows the MyCigna website interface. At the top, the Cigna logo is on the left, and user information (ID Cards, HI, and a masked name) is on the right. Below the header is a navigation bar with tabs: Home, Find Care & Costs, Coverage, Claims, Spending Accounts, Prescriptions, and Wellness. The Wellness tab is highlighted with a red circle. Below the navigation bar, the main content area is divided into three columns. The left column is titled 'Incentive Awards' and shows a 'PROGRAM PERIOD' dropdown set to 'Current'. Below this, there is a small disclaimer and two buttons: 'OVERVIEW' and 'GOALS'. The 'Score 8 points' is displayed at the bottom of this column. The middle column is titled 'Tools' and lists several links: 'My Health Assessment', 'Apps & Activities', 'Personal Health Record', and 'My Health Assistant - Online Coaching Program'. The right column is titled 'Rewards & Programs' and lists 'Incentive Awards' (circled in red) and 'Healthy Rewards - Discount Programs'. A 'Resources' section on the far right lists various links like 'Health Encyclopedia', 'Personal Health Team', 'Health Topics & Resources', 'My Health Dashboard', 'Health Information Line', and 'WebMD Health Manager'.

Your Incentive Awards Dashboard gives you an overview of the goals you have met, and links to Wellness Screening Forms or Physician Waiver Forms.

Incentive Awards

PROGRAM PERIOD: Current

If you think you might be unable to meet a standard for a reward under this wellness program, or if you have a disability that prevents you from doing so, you might qualify for an opportunity to earn the same reward by different means. For more info, contact us at 800-244-6224.

OVERVIEW **GOALS**

My Maximum

MotivateMe Core Goals

7

Points

[View all goals](#)

My Awards Earned

MotivateMe Core Goals

3

Points

0

Earnings as of 08/30/2018

My Family Recent Activity

VIEW RECENT ACTIVITY FOR: ██████

! ██████ completed "Achieve a healthy Body Mass Index of less than 30 or improve weight by 5% " Goal objectives not reached. You can complete an alternate activity to meet this goal	08/04/2018
✓ ██████ completed "Achieve a fasting blood sugar level less than 100 mg/dl or non-fasting blood sugar level less than 140 mg/dl" 1 points awarded	08/04/2018
✓ ██████ completed "Complete the Cigna Online HRQ" 1 points awarded	04/18/2018
✓ ██████ completed "Complete the Cigna Online HRQ" 1 points awarded	04/18/2018

How it Works



1. Complete Goals

Jump right into any goals you'd like and start earning awards.

2. Earn Awards

Goals are action-oriented opportunities to make healthier daily choices. The more you complete, the more you earn.

[START EARNING AWARDS](#)

View Specific Incentive
Premium Points and
Programs Status

1. Wellness Screening Form for Biometric Points from your Physician.
2. Outcome-Based Physician Recommended Alternative/Waiver Form to waive Biometric Points

Incentive Premium
Points you've
earned to-date

NEED HELP

[Visit the Support Center](#)

[Email Customer Service](#)

Finding solutions on the site please call 800-853-2713

[VIEW MORE](#)

RELATED LINKS

- [Submit Completed Form\(s\) Electronically](#)
- [Wellness Screening Form](#)
- [Outcome-Based Physician Waiver Form](#)

FAQ

- [What is the MotivateMe® program?](#)
- [How do I get started earning awards?](#)
- [Do you have debit and/or gift card awards?](#)

[VIEW ALL](#)



FILLING OUT AN INCENTIVES FORM?

Easily submit your completed form(s) electronically and track the status. [Get started!](#)

Note: Wellness Screening Form/Biometric points can take 5-7 business days to register on the MyCigna site.