



Take the Health Assessment

Because your health is in your hands

Everyone wants to be healthy, but do you know how to get there? Most of us have some healthy habits, along with those we'd like to change. What we often lack is a plan and perhaps some support for reaching our goal(s). CIGNA gives you the tools to take control and be on the road to better health in just 20 minutes!

Personal evaluation and a prescription for a new you

What if you could make a few adjustments in your lifestyle, over time, and enhance your quality of life? The Health Assessment can show you where to start and how you can make it happen.

Developed by medical professionals, behavioral scientists, and health and productivity experts at top academic, government and business institutions, the online Health Assessment consists of a series of questions designed to help you identify your potential health risks. What's more, it'll help you establish attainable, measurable goals and the accompanying steps to modify or eliminate behaviors that may be keeping you from being your very best.

You'll answer some questions about your family and medical history, physical activity, eating habits and other relevant lifestyle information. Based on your responses, you'll receive immediate feedback in a personalized report that provides the basis for an action plan. The report includes useful details, such as:

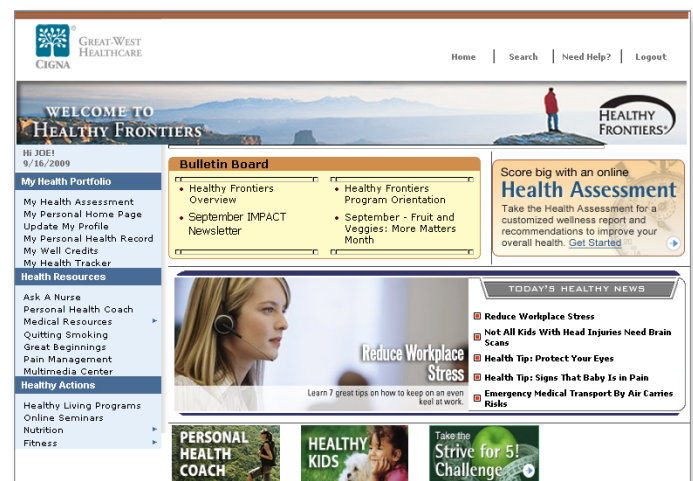
- Your current health status and risks that may affect it, presently or in the future.
- Suggestions for ways to maintain or improve your health and well-being.

You'll also have access to an online wellness library that puts information on numerous health conditions and preventive measures at your fingertips.

Participation is completely voluntary and any information you share will remain confidential. Your employer will be notified when you complete the Health Assessment, but will not be given the details of your health history. Your results will be combined with those of other respondents from your company and provided to your employer in a report that indicates potential health challenges employees may be facing. Most importantly, your privacy will not be compromised in any way.

Take the Health Assessment – get a plan, make it happen

With Internet access, you can complete the Health Assessment in about 20 minutes anywhere, anytime. Just go to **myCIGNAforhealth.com**, scroll over the *Wellness* tab, click on *Health and Wellness* and then *I Accept*. When a new window appears, click on the *Health Assessment* graphic. It's suggested that you retake the Health Assessment every six months in order to maintain an up-to-date evaluation of your health and well-being.



If you're serious about staying – or getting – healthy, set aside some time to take the Health Assessment. Because when you know where you stand, it's much easier to plan where you want to go. So take the survey – it's personal, private and available to you at no additional cost. Why not start today?

For more information, call the number listed on your ID card or visit myCIGNAforhealth.com.

We reference CIGNA and Great-West Healthcare to accommodate all covered individuals. CIGNA covered individuals, please disregard Great-West Healthcare references.

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it's time to feel better[®]



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