# YOUR HEALTH ASSESSMENT

## Your questions answered

### What is a health assessment?

The health assessment is an easy online questionnaire about your health and well-being. It takes about 15 to 30 minutes to finish. It asks you a series of questions, such as:

- Your satisfaction with your life and job
- Your safety habits (like using a seat belt)
- Your stress levels
- How you feel about your overall health

**You'll also be asked to enter basic biometric data, such as your:**

- Weight
- Blood pressure
- Cholesterol level

**The tool analyzes your answers and gives you a personal health report. The report includes:**

- Details about your most important health issues
- Ideas for health screenings
- Information about wellness and health programs
- Personalized health information

You may also be invited to join an online coaching program.

You can print a summary of the report to share with your doctor. You can use it to ask questions and learn more about your health. This information helps you make simple changes to improve your health.

### Why does my employer want me to complete a health assessment?

Your employer wants you to have what you need to get and stay healthy. So you can live your life to the fullest.

Also, taking the health assessment helps you save on future health costs. It gives you information about preventive care and health programs. This can help reduce your risk of more serious illnesses and the costs they bring.

It also helps your employer improve productivity and reduce benefit costs by promoting a healthier workforce.

### Why is taking the health assessment important?

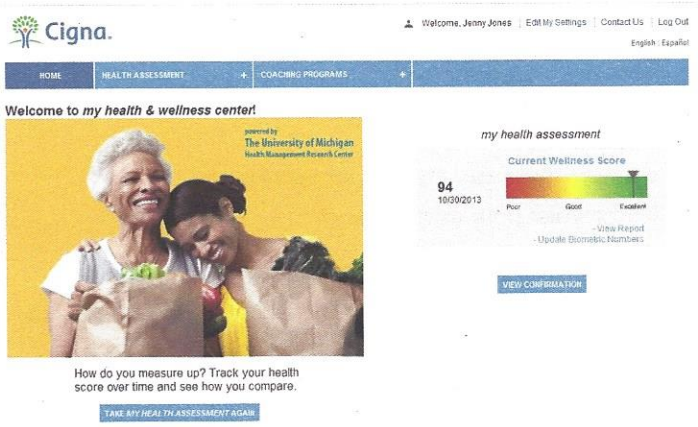
The tool looks at all aspects of your health. Including your prior illnesses and other lifestyle issues. This means that it can predict future health issues fairly accurately. When you have this information, you have more control. And you can start making simple changes to improve your health.

### How do I access the health assessment?

**It's easy. Just follow these steps:**

1. Log in or register on **myCigna.com**.
2. Click on the **Manage My Health** tab at the top of the page.
3. Select **My Health Assessment**.
4. On the next page, click **Take My Health Assessment**.

Need help? Just click the **contact us** link and call the number on the screen. You'll reach someone who can answer your questions.

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