



HAVE YOU TAKEN THE HEALTH ASSESSMENT YET?

It's like a quiz, but a whole lot more fun.

When you take the health assessment on **myCigna.com**, you'll get a better understanding of where you are with your health today, and what choices you can make to improve your health tomorrow. The assessment is personal and confidential.

It's also really fun.

The health assessment works like a game. Just choose a game piece and start playing.

You'll answer some simple questions about your health and habits - all in less than 20 minutes. Then, you'll get a thorough review of your overall health.

From there, we'll be able to give you information and recommendations to help you improve your health and enjoy life even more.

Get started today on **myCigna.com**.



The health assessment on myCigna.com is:

- › Personal
- › Confidential
- › At no cost to you

For more information, call the number on the back of your ID card.

Together, all the way.®



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