

Get a snapshot of your health

Complete your Health Assessment today.

The Health Assessment is a quick and easy way to get a snapshot of your health and wellness. Your results on this confidential survey will help create a more customized experience in your wellness program. Complete your Health Assessment annually to stay on top of your health and learn simple ways to improve it in key risk areas.

Register or log in to myCigna, go to the Wellness tab and click on Health.

Scan the QR code to go to myCigna®.