

How to register for *my health and wellness center...*

Getting ready

Taking a health assessment is a great way to learn more about your overall health and track your health over time. It will also help you understand what you can do to maintain and improve your health. It's quick and easy!

When taking the health assessment, know the following: your blood pressure, total cholesterol, HDL cholesterol, height, weight, and waist circumference. If you don't know these, you can answer, "I'm not sure", but answering all questions produces the best results.

Use the instructions below to access and register for **my health & wellness center** (the name of the webpage where the health assessment is located). If your spouse or child (age 18 or older) needs to take the health assessment they will need to register and take the assessment using the same instructions – they must register, create a personal account, and complete their own health assessment to be counted towards completion.

Start here:

1. Go to **myCIGNA.com**
 - If you have previously registered for myCIGNA, log in with your User ID and Password
 - If you have not previously registered for myCIGNA, select the "Register" button and complete the registration process
2. Select the *Take My Health Assessment* link on the homepage, just look for the big red apple on the center of the screen
3. On the next page select your name
 - If you have already accessed *my health & wellness center* from myCIGNA, you will automatically go to your *my health & wellness center* home page
 - If you have not accessed *my health & wellness center* from myCIGNA, you will be asked if you've taken a health assessment, or signed up for a *my health & wellness center* account:
 - Select "yes" if you took the health assessment during pre-enrollment or if you already registered in a previous year. Then enter your login information to access your *my health & wellness center* homepage, where you can take the health assessment
 - Select "no" or "not sure" to proceed to registration
 - You can now take your health assessment

