



Help Yourself to A Healthier Life

You're ready to make a commitment to better health. But first, you need to better understand your personal health situation. Are there specific factors that contribute to your health status? Are they hereditary? Are they controllable? Is there a healthy living plan out there that meets your unique needs?

If you're asking these questions, then you're ready to take WebMD's HealthQuotient™ Health Risk Assessment – a personal health management tool available to you on myCIGNA.com. And through the assessment, you'll learn what you need to get better control of your health and well-being.

Using a brief online questionnaire, HealthQuotient can help you:

- Identify and monitor your personal health status;
- Obtain a personalized analysis of many preventable and common conditions;
- Review details of your contributing risk factors;
- Access recommended steps for improvement, interactive tools and wellness information.

Follow these brief steps to make the health risk assessment tool work for you.

STEP 1. GET STARTED

It's as easy as logging on to the myCIGNA.com website. From any computer with Internet access, all you have to do is go to www.mycigna.com. Follow the brief instructions to register and access your secure personal benefits page.

STEP 2. ANSWER QUESTIONS

Once you're on the site, the HealthQuotient user-friendly questionnaire is located under "Health Resources" in the center of the page.

STEP 3. CHECK YOUR SCORE

The assessment finishes with a scoring section that compares your health results to averages for your gender and age. You can select some healthy changes you could make, and then recalculate your score to see the potential positive impacts.

STEP 4. VIEW YOUR RISK PROFILE

Check out the personalized risk summary chart created from your assessment. You'll be able to view your levels of risk for many

common and preventable conditions – and then access more detail about any of these conditions.

STEP 5. TAKE ACTION

You'll now receive recommended actions to improve your health. The recommendations will cover a variety of topics, from suggested exams and tests to wellness and disease management programs. You'll also see relevant health news and topics, and be able to access or print a brief summary report to bring to your next doctor's visit.

STEP 6. KEEP UP TO DATE

Using the online logs and tracking tools available with HealthQuotient, you can monitor and review your health status, and update your assessment at any time. You can even see a comparison of your current and previous scores.

The HealthQuotient Health Risk Assessment is just one of many tools CIGNA HealthCare offers to help you make the most of the time you spend planning, managing and understanding your health benefits. Visit myCIGNA.com and take advantage of it today.

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