

# COMING SOON: PERSONALIZED HEALTH CARE INFORMATION RIGHT AT YOUR FINGERTIPS

myCigna.com

## A wealth of information

myCigna.com is an engaging website that provides valuable health and wellness information, cost comparison tools, and the ability to customize how you view and manage your plan. To help you get the most from your myCigna experience, we've divided the site into two easy-to-navigate sections: **My Plans** and **My Health**.



### Getting started

If you have taken a health assessment before, use your login information to begin.

Or, simply register as a new member.

- › If you're already registered, simply log in to myCigna with your current information and begin taking advantage of all the site has to offer by taking your health assessment.
- › Just provide your name, birthday, Zip code and ID card number to create an account.

## My Plans

The My Plans section helps you manage your plan in many different ways. But mostly, it's about helping you save on health care.



### Find a doctor or specialist:

Personalized search results make it easy to find the right doctor for you. Search by name, specialty, procedure, location and other criteria.



**Network information:** Find a nearby doctor for a checkup, procedure or immediate care, and easily view cost estimates for a variety of health-related services.



**Quality of care:** Quality distinctions and cost-efficiency ratings for doctors appear with every search result, with quality-designated doctors appearing at the top of your list.

Together, all the way.®



## My Health

The My Health section on myCigna is all about helping you create health and wellness goals, reaching them and keeping the momentum going. Some of our most helpful tools and features include:



**New gamelike health assessment:** Identifying your health goals has never been simpler or more fun.

▶ The health assessment is an easy online confidential questionnaire about your health and well-being. It takes about 15 to 30 minutes to complete. The health assessment helps you save on future health costs by making you aware of your risk of more serious illnesses and the costs they bring.



▶ Accessing the health assessment is easy.

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

## CONNECT

### Apps & Activities

The Apps & Activities tool on **myCigna.com** puts the power to improve your health right at your fingertips. Get personal recommendations, track your progress and have fun challenging others. Best of all, you can see and do it all in one place.

#### Connect and compete

▶ Start or join a fitness challenge, then compete with friends, family and coworkers.

#### Pursue success

▶ Improve your health one step at a time by starting “pursuits” and sticking with them.

#### Programs and resources

##### WebMD tools

▶ You can store, organize and manage your health information in one private location. How cool is that?

##### My Health Assistant

▶ Get help with nutrition, exercise, emotional well-being or other health concerns.

##### Healthy Rewards

▶ Enjoy discounts on health products and programs for nutrition and weight management, vision and hearing care, fitness and alternative medicine.<sup>1</sup>

##### myCigna App

Life can be busy and complicated. Now you can get tools and resources in a simple-to-use tool that can help make your life easier while you're on the go.<sup>2</sup>

WebMD<sup>®</sup>



**Your health journey is an important one.  
With myCigna, you've got a partner who's with you, all the way.**



1. This is a discount program and is NOT insurance. Healthy Rewards is separate from your medical benefits. Some Healthy Rewards programs are not available in all states and programs may be discontinued at any time. Products and services are provided by third-party vendors who are solely responsible for their products and services.

2. The downloading and use of the myCigna App is subject to the terms and conditions of the app and the online stores from which it is downloaded. Standard mobile phone carrier and data usage charges apply.

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