

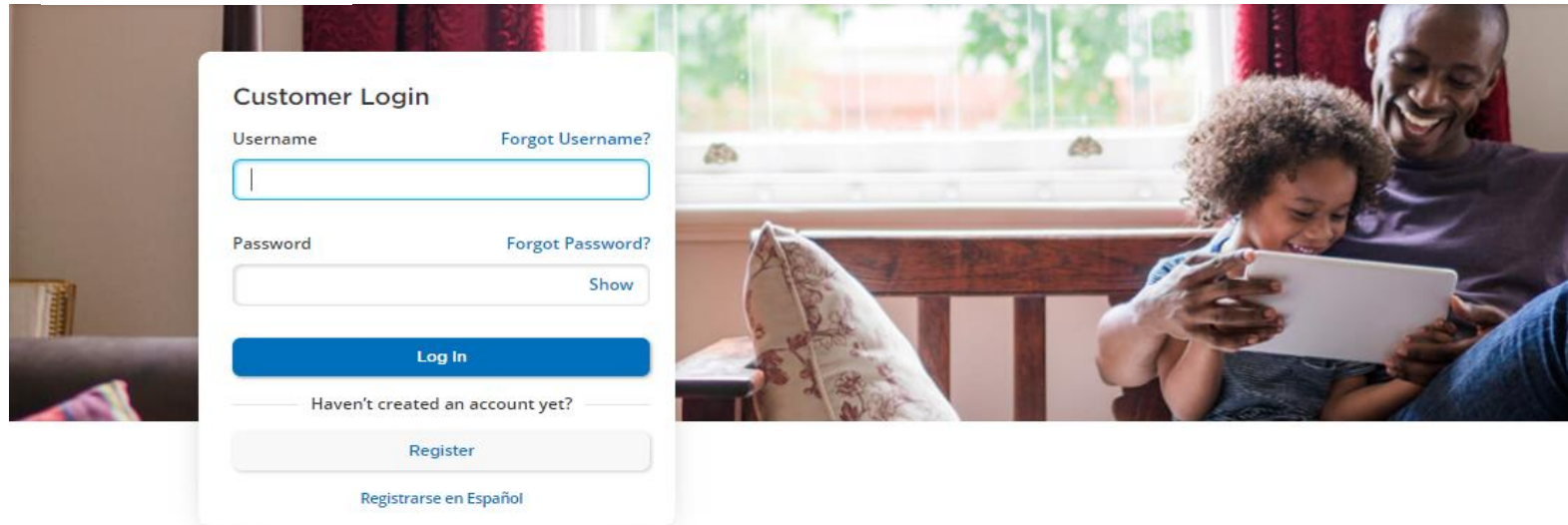
Verify Annual Physical and Health Assessment Completion

Together, all the way.®

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To begin, login to MyCigna.com



Your online account gives you access to these features:



Find Care and Costs

Search for in-network providers, procedures, cost estimates, and more.



View Claims

See a list of your most recent claims, their status, and reimbursements.



Manage Spending Accounts

Review your spending account balances, contributions, and withdrawals, all in one place.



Update Your Profile

Make sure your contact information is up-to-date so you don't miss out on important notifications about your plan.



Important Update: Coronavirus (COVID-19) Coverage Changes The COVID-19 federal Public Health Emergen... [Learn more](#)

[Dismiss](#)

Welcome, Test! Looking for care?

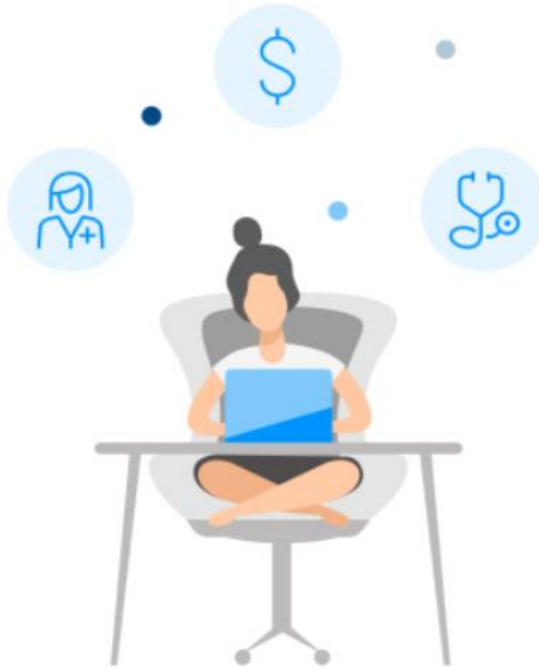
[Search Now](#)

Find a provider or facility near you

OR

[Talk to a Doctor](#)

We are ready to help 24/7



Savings Tips

Get discounts with Cigna Healthy Rewards.

[See more](#)

From your Health Plan

Kick off the summer with a flexible fitness program

[See more](#)

From your Health Plan

Kroger pharmacy no longer in network starting on January 1

[See more](#)

[See all messages](#)



Important Update: Coronavirus (COVID-19) Coverage Changes The COVID-19 federal Public Dismiss ✕

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Wellness & Incentives

Food

Stress

Sleep

Exercise

Weight

Prevention

Mental Health Support

My Health Assessment

Health Coaching

Apps & Activities

Health Assistant

[See more](#)

[See all messages](#)

**Kudos to you for taking care of your health and well-being!**

By completing your chosen wellness activities, you're eligible to earn valuable rewards, redeemable for a debit gift card. Redeem your rewards by 12/31/2023.

Wellness

Total Wellness Starts Here

You have awards waiting. Earn up to:

- \$75 Debit Cards
- \$0 Extra Debit Cards

Complete this goal to unlock your awards.*

Get a personalized health assessment
+1 more

[Get Started](#)

*If you're unable to meet a goal's objectives, you may still be able to earn the award by completing an alternate activity. Select a goal to see its alternate activities.

[View all incentives](#) ↗

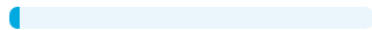
[Back to Wellness & Incentives](#)

All Incentives For Test in Current Plan Year

Incentives earned for Test

Debit Cards

\$0 out of \$75



Extra Debit Cards

\$0 out of \$0

Completed

You have 0 Debit Cards dollars to redeem. [Redeem awards](#)



Showing

Available Incentives

[Download and Submit Forms](#)

It may take up to 30 days for incentives to show as completed. If you're unable to meet a goal's objectives, you may still be able to earn the award by completing an alternate activity. Select a goal to see its alternate activities.

[Clear](#) | [Select All](#)

Filter by Category

Food (0)

▶ Required Goals

You must complete these goals before you can receive awards.



It may take up to 30 days for incentives to show as completed. If you're unable to meet a goal's objectives, you may still be able to earn the award by completing an alternate activity. Select a goal to see its alternate activities.

[Clear](#) | [Select All](#)

Filter by Category

- 🍎 Food (0)
- ⚡ Stress (1)
- 🌙 Sleep (0)
- 🏃 Exercise (2)
- 📏 Weight (1)
- 🏥 Prevention (5)
- 🌟 Specialized (8)

Filter by Health Topic

- ❤️ Heart Health (3)
- 🚭 Quit Smoking (1)
- 🗣️ Health Coaching (3)
- 🦴 Bone, Joint, Muscle (3)
- 🏥 Cancer (3)

[Show 17 Incentives](#)

Required Goals

You must complete these goals before you can receive awards.

You must complete each of these goals to earn the award:

Get a personalized health assessment

A confidential questionnaire that asks you about your health and well-being and provides a personalized assessment of your current health. As a reminder and to protect your privacy, anyone taking the health assessment needs to register on myCigna, and then log in with their own user ID and password.

[Start Now](#)

— And —

Complete my annual physical (preventive exam)

A preventive physical exam is essential to reinforce good health and prevent potential health conditions.

Get your physical. You will be credited when your claim is processed.

\$50

Debit Cards

Available
09/01/22 – 08/31/23

Once claim for annual physical has been processed, please allow 3.5 – 4 weeks for credit to be issued. When credit has been issued, you will find a green check mark and the date annual was completed where text is highlighted above.

*Please note, once Health Assessment has been completed, allow 24 hours before credit reflects in MyCigna.



It may take up to 30 days for incentives to show as completed. If you're unable to meet a goal's objectives, you may still be able to earn the award by completing an alternate activity. Select a goal to see its alternate activities.

[Clear](#) | [Select All](#)

Filter by Category

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- 🌙 Sleep (0)
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Start Now

— And —

Complete my annual physical (preventive exam)

A preventive physical exam is essential to reinforce good health and prevent potential health conditions.

Get your physical. You will be credited when your claim is processed.

If you have not completed your Health Assessment, please select Start now (shown above).





Kudos to you for taking care of your health and well-being!

By completing your chosen wellness activities, you're eligible to earn valuable rewards, redeemable for a debit gift card. Redeem your rewards by 12/31/2023.

Wellness

Total Wellness Starts Here

You have awards waiting. Earn up to:

- \$75 Debit Cards
- \$0 Extra Debit Cards

Complete this goal to unlock your awards.*

Get a personalized health assessment
+1 more

Get Started



*If you're unable to meet a goal's objectives, you may still be able to earn the award by completing an alternate activity. Select a goal to see its alternate activities.

[View all incentives](#)

Total Wellness

Let's work together to help you on your path to wellness.

Your Health Assessment Score

	82/100 Last taken 06/26/20 View Report Take Assessment	29.1 Details Body Mass Index (BMI)	177 mg/dL Details Total Cholesterol	128/82 mm Hg Details Blood Pressure
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Another route to complete your health assessment, would be from the wellness screen by selecting Take Assessment as shown above.



[Back to Wellness & Incentives](#)All Incentives For Test in [Current Plan Year](#)

Incentives earned for Test

Debit Cards

\$0 out of \$75

Extra Debit Cards

\$0 out of \$0

Completed

You have 0 Debit Cards dollars to redeem. [Redeem awards](#)

Feedback

Showing

Available Incentives

[Download and Submit Forms](#)

It may take up to 30 days for your goals to show as completed. If you're unable to meet a goal's objectives, you may still be able to earn the award by completing an alternate activity.

[Clear](#) | [Select All](#)

Filter by Category

- Food (0)
- Stress (1)
- Sleep (0)
- Exercise (2)
- Weight (1)
- Prevention (5)
- Specialized (8)

Filter by Health Topic

▶ Required Goals

You must complete these goals before you can receive awards.

▶ Biometric Health Targets & Preventive Care & Mail Order Pharmacy & Health Coaching by Phone & Self Reported Activities & Social Health and Wellness & Personal Health Assessment

Debit Cards Earned
\$0 out of \$75

▶ Extra Goals

Extra goals can be earned above and beyond your global cap.

Debit Cards Earned
\$0 out of \$0

If you are unable to locate completed goals under the Required goals tab, select the carrot on the right of Available incentives > select Completed Incentives (as shown above). All completed incentives will then populate.