

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.

You can log in to myCigna.com and register. It's easy!

- 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.

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 game like 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 health.

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

Your health journey is an important one.

Helpful hint: Cigna Health Information Line

A telephone service staffed by nurses that helps you understand and make informed decisions about health issues you are experiencing, at no extra cost. It can help you choose the right care in the right setting at the right time, whether it's reviewing home treatment options, following up on a doctor's appointment, enroll in case management or finding the nearest urgent care center. Call the Cigna 24-Hour Health Information Line® at **800.768.4695**.