How to register for *my health assessment*…

**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 or improve your health.

Be ready for the health assessment by knowing the following: your blood pressure, total cholesterol, HDL cholesterol, height, weight, and waist circumference. If you don’t know these numbers, you can answer “I’m not sure,” but you should try to enter all the numbers for the best results. (You can return later to update your assessment with new information.)

*Use the instructions below to first register yourself for *my health & wellness center*.*

*After you have registered, if your spouse or a child age 18 or over needs to take the health assessment, you must also complete that registration for them. Your dependent needs their own *my health & wellness center* account in order to complete their own health assessment.*

**Start here:**

1. Log in to www.myCIGNA.com with your User ID and Password.
   - If you haven’t registered for myCIGNA.com, you will need to do so before you can take the health assessment. To register, select the blue **Register** button on the bottom left-hand side of the page and follow the instructions.

2. After you log in, locate the picture of the red apple on the right-hand side of the page. Select the **Take my health assessment now** link.

**Registering yourself?**

3. On the next page, select your name. A new window will open to the *my health & wellness center* log-in page.

4. On the log-in page, under **New Users**, select **Register for my health & wellness center**.

5. Follow the instructions on the screen and complete all required fields.

6. When registration is complete, the *my health & wellness center* home page will display. From here, you can take your health assessment or join an online health coaching program.

**Registering your dependent?**

*Note:* Follow these steps to register your spouse or a child age 18 or over for the health assessment. They will not be able to access the health assessment until you have registered them.

3. On the next page, select the name of the person you wish to register. A new window opens showing a *my health & wellness center* registration page.

4. Follow the registration instructions on the screen and complete each field with your spouse or child’s information. Remember, you are registering for your spouse or child. Use their information, not your own.

5. When registration is complete, print out the instruction form. This form contains the information your spouse or child needs to log in to their own *my health & wellness center* account.

6. Give the instruction form to the person you registered. Ask them to log in to their own *my health & wellness center* account to take the health assessment or join an online health coaching program.