

# HAVE YOU TAKEN THE HEALTH ASSESSMENT YET?

**The good news:** In an instant, you can learn which lifestyle choices may be affecting your health.

**The better news:** You'll receive support to change those behaviors.

## It's that easy.

When you take the health assessment on **myCigna**, you answer simple questions about your health and the result is a thorough review of your overall health. It's personal and it's confidential.

The health assessment on  
**myCigna**.

15 minutes well spent.



Together, all the way.®

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