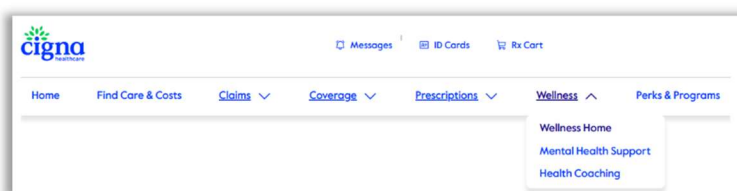


Completing Your Wellness Steps Deadline October 31, 2026

myCigna Home Page:

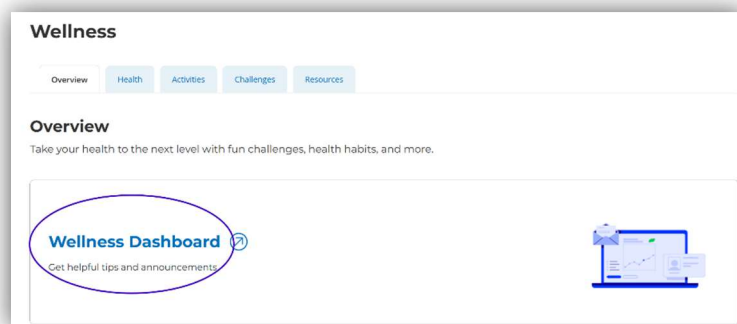
www.myCigna.com

- Log in
- Click “Wellness”
- Select “Wellness Home”



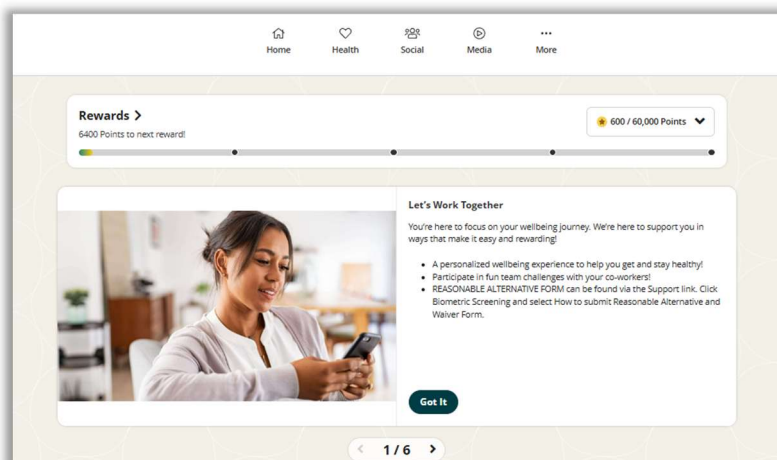
Wellness Page:

- Click “Wellness Dashboard” (located on the Overview tab)



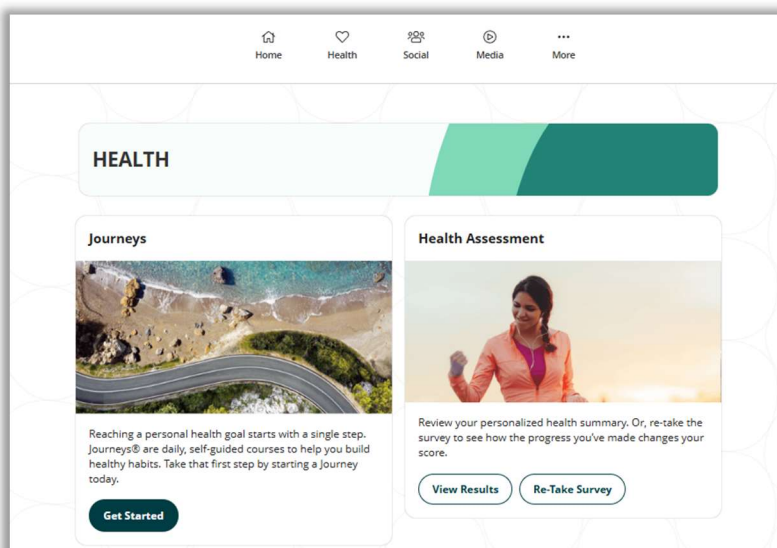
Rewards Page:

- Click “Health” (heart icon)



Health Page:

- Health Assessment
- Click “Take Survey”
- If you’ve completed it already, you will have the options of retaking it or viewing the results



***Your Annual Physical Exam:**
Physicals completed on/after July 1, 2025 qualifies as a completed step. Cigna will verify the date.

Screenshots are for reference only. Although screen layouts and labels may vary, the steps and process outlined are accurate.