

Health Assessment Results

Check on the Status of Completed Incentives

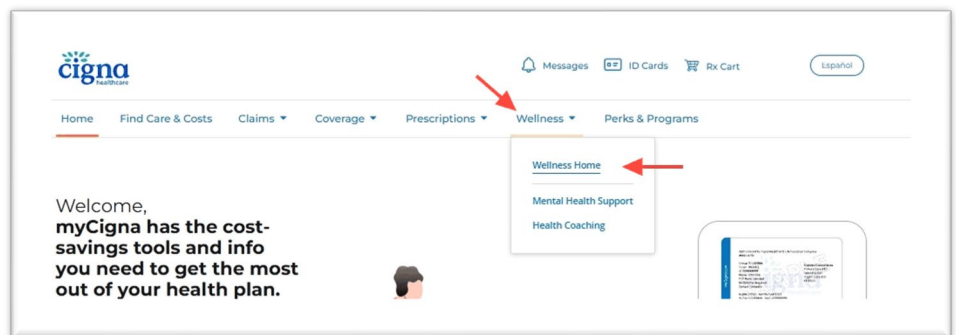
If you have completed the health assessment, follow these steps to confirm the results.

Since the annual physical exam is no longer entered, confirm the date with your health care provider or contact Cigna at 800-842-6224.

Note: Screenshots included in this document are for illustrative purposes only and may differ slightly from what you see due to vendor system updates. While visual layouts and button placements may change, the required fields and steps outlined in this document remain the same. Please follow the written instructions. If you encounter any significant changes or issue, please contact Cigna directly at 800-244-6224 or LiveChat at *myCigna*. For web assistance, contact 800-853-2713.

1. Log in at www.mycigna.com

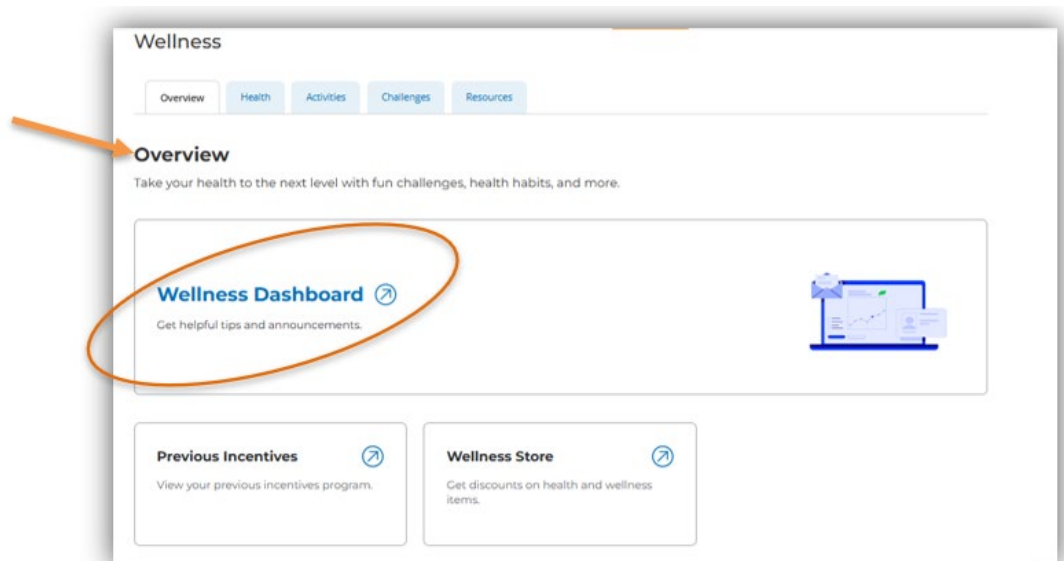
- Click "Wellness"
- Click "Wellness Home"



Click to View a Recording of these steps



2. Wellness Dashboard – Gateway to the Rewards Home Page: From the Overview Tab, Click the **Wellness Dashboard** link.



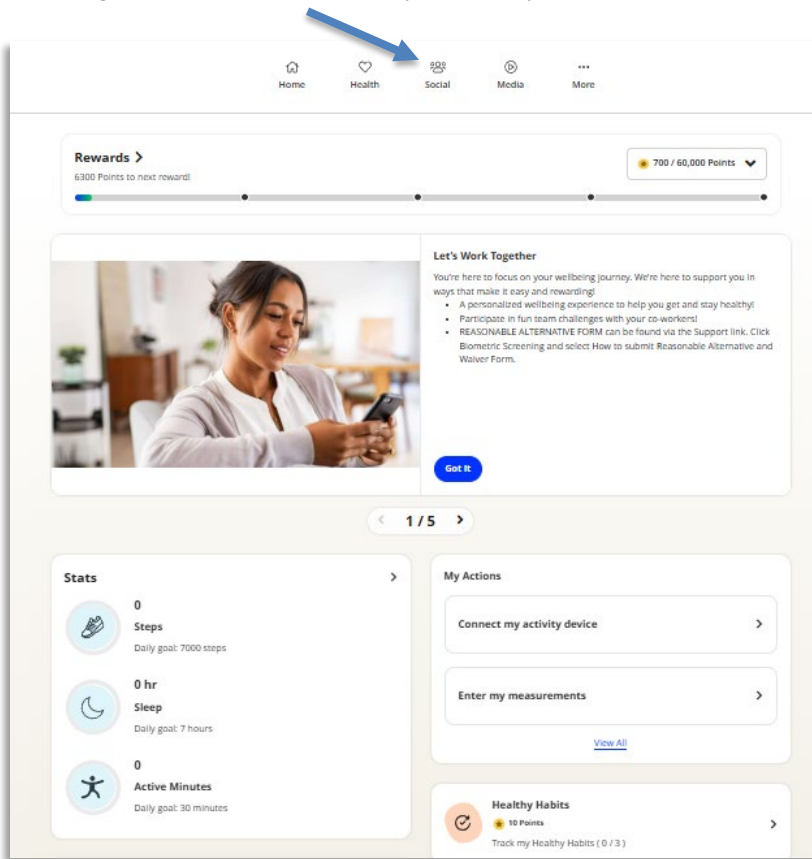
Preventive Exam Date

Date entry is no longer required. Date will be verified by Cigna.

Wellness compliant exam dates: 7/1/2024 – 10/31/2025.

If an annual preventative exam is needed, it must be completed before midnight, Oct. 31, 2025.

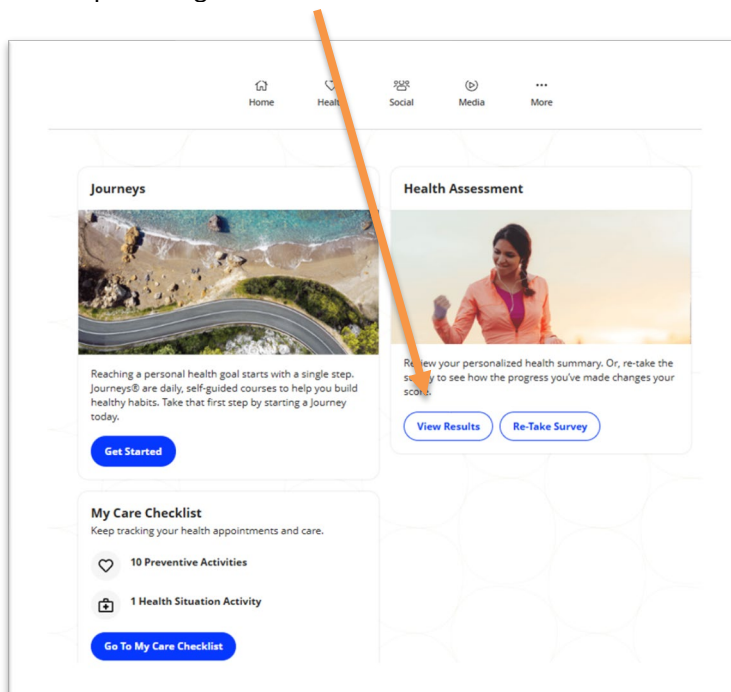
3. Rewards Home Page: Click the “Health” link (heart icon).



The Rewards Home Page features many optional wellness activities designed to support your ongoing wellbeing. While not required for premium reductions, optional wellness activities offer meaningful benefits. They help you stay engaged, informed, and proactive about your health — supporting long-term wellbeing beyond compliance. These activities can also earn points, encourage healthy habits, and connect you with valuable resources for stress management, nutrition, fitness, and more.

4. Health Assessment:

Click *View Results* to see the date you completed your assessment. Click *Re-Take Survey* if you want to complete it again.



5. Results:

- View your score
- Verify completion date
- Download the full assessment
- Retake the assessment

