

Health Assessment

The health assessment is an online questionnaire that helps you learn about your current health status. You'll answer questions about your lifestyle, health history and recent health screenings (like the biometric screening).

It takes about 20 minutes to complete and when you're done, you'll receive a personalized health report. It's a great way to learn what you're doing right — and where there's room for improvement.

Complete the Online Health Assessment

Visit www.mycigna.com and log in to complete the health assessment. If you're not registered, use the "Register now" link to get started. To take your health assessment, select the "Take Your Health Assessment" button found on the home page.

Build your HSA in 2016

You can earn an employer HSA contribution of \$200* for employee only coverage or \$400* for all other coverage categories by completing the online health assessment. The employer contribution will be deposited to your account the month after you complete the health assessment contingent on meeting the eligibility guidelines of the Company's benefit plans.

To qualify for the 2016 employer contribution, the online health assessment must be completed by December 15, 2016.

**Amounts are prorated for mid-year enrollees.*

