Each CIGNA medical plan participant is invited to complete a Health Assessment available online at myCIGNA.com. The individual information captured in the assessments will remain completely confidential and takes approximately 20 minutes to complete.

To emphasize the importance of this assessment, a $25 AMEX Gift Card will be mailed to each employee covered by CIGNA health plan who completes the Health Assessment by May 24, 2010.

Here are the instructions for completing the assessment at myCIGNA.com:

- 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.
- 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.
- On the next page, select your name.
- A new window will open to the my health & wellness center log-in page.
- On the log-in page, under New Users, select Register for my health & wellness center. Follow the instructions on the screen and complete all required fields.
- When registration is complete, the my health & wellness center home page will display.
- From here, you can take your health assessment.
- Soon thereafter, your $25 AMEX gift card will be mailed to your home.