

For SAMBA plan participants and their covered family members



## GET MORE THAN A HEALTH ASSESSMENT

### Get a connection to better health

Our health assessment is more than a list of questions. It's a quick, easy way to understand where you are with your health today. So we can help you learn more about what you can do to improve your health in the future.

To make it even easier, it works like a game.

- › Choose your game piece
- › Answer questions to complete the steps of your assessment journey
- › Finish with information, recommendations and connections to health improvement opportunities



### So, come play

- › Go to **myCigna.com**
- › Select the “Wellness” tab
- › Click on “Health Assessment”
- › Get started

Questions? Call **800.887.9735** for more information.



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