

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.



All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Cigna Behavioral Health, Inc., and Cigna Health Management, Inc. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc. All models are used for illustrative purposes only.