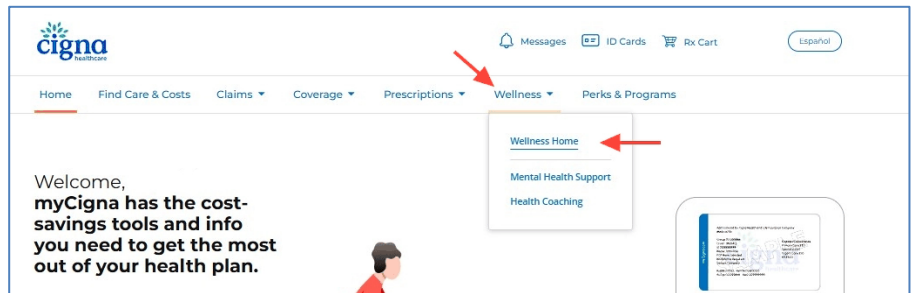


Cigna Wellness Incentives Quick Steps

Deadline October 31st

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.

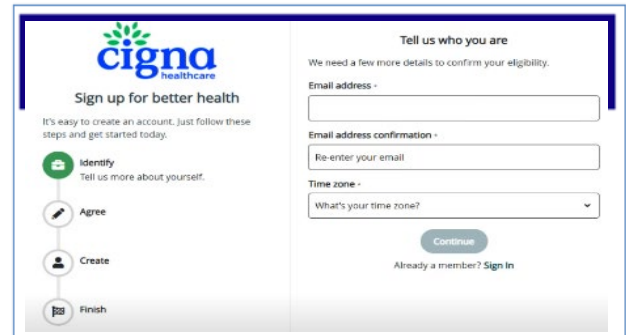
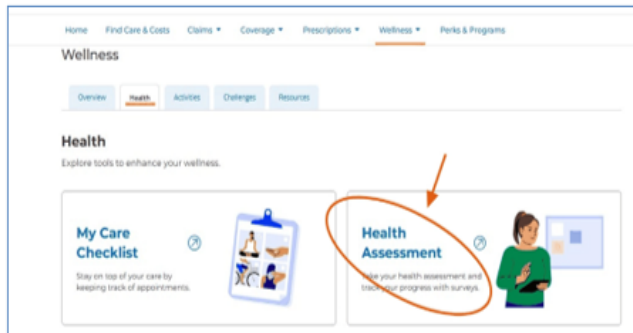
1. Log in at www.mycigna.com
Click "Wellness"
Click "Wellness Home"



2. **Wellness Dashboard:** The central hub for tracking health activities, viewing rewards, and accessing well-being resources. It's designed to help you stay informed, engaged, and on track for wellness compliance.

Health Tab: Start the Health Assessment/Survey by clicking the **Health Assessment** link.

You'll be requested to sign up.



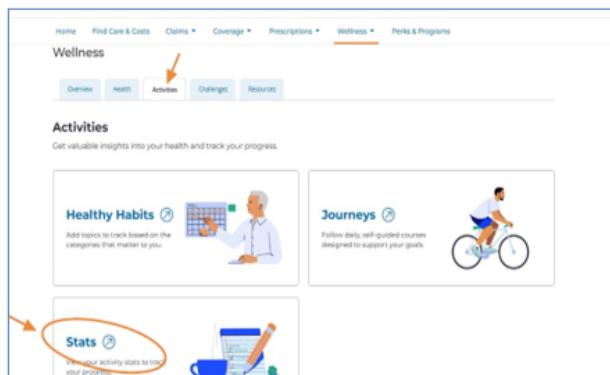
Preventive Exam Date

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

Wellness compliant exam dates: July 1st of the prior plan year through October 31st of the current plan year.

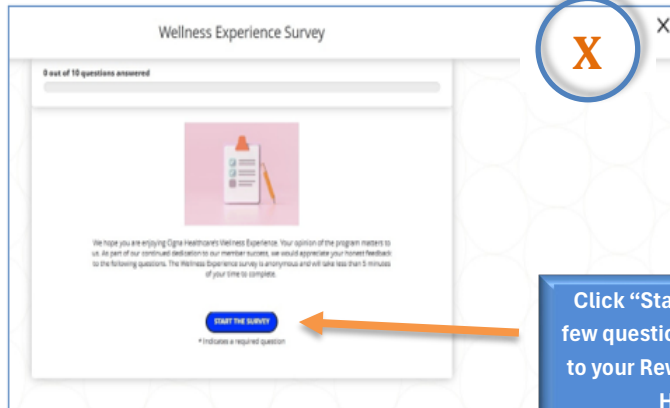
If an annual preventative exam is needed, it must be completed before midnight on October 31st.

Activities Tab: Confirm you've completed the Health Assessment by clicking the **Stats** link.



3. Whether you are trying to complete the Health Assessment or confirming completion, you will be directed to the *Wellness Experience Survey* page.

- **Start the Survey** or Click the **X** at the top right of the screen.

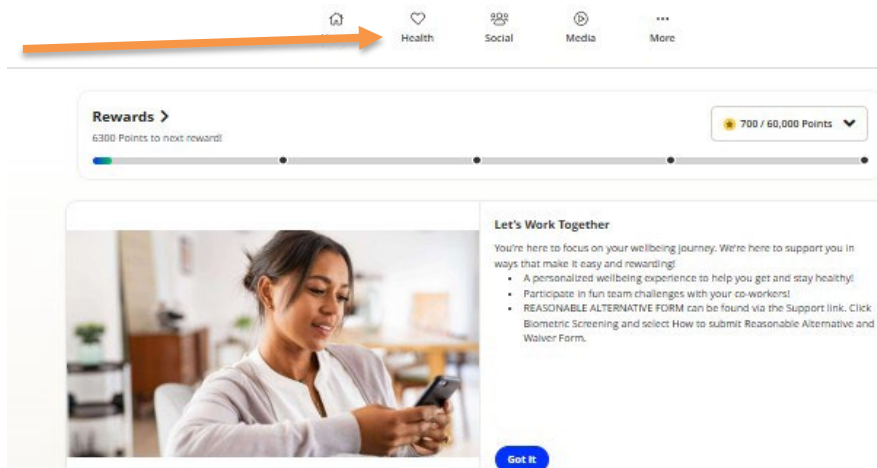


Click the “X” if you have already completed the health assessment and want to confirm the completion date.

Click “Start the Survey” and answer a few questions. You will then be directed to your Rewards Dashboard to start the Health Assessment.

4. Rewards Home Page at Personify Health, Cigna’s new wellness platform.

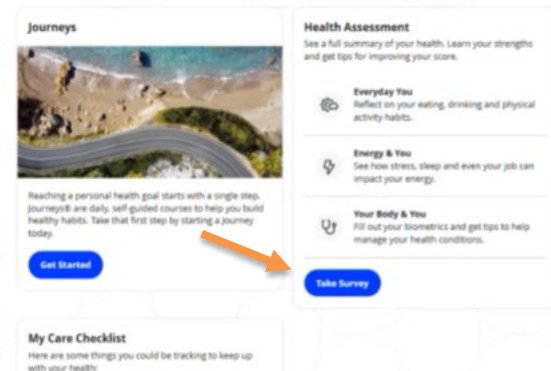
- Click the “Health” link (heart icon) at the toolbar



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.

5. Health: Start the Health Assessment

Click “Take Survey”.



Confirm you completed the Health Assessment: Return to the “Health” page. You should now see links to “View Results” or “Re-take Survey”. Click “View Results” to verify date of completion.

