

# Know Your Numbers



1. Ask your doctor for a "Preventative Care Checkup" at least **once every two years**.

2. Obtain the following numbers from your doctor:

Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Waist Size: \_\_\_\_\_ Blood Pressure: \_\_\_\_\_/\_\_\_\_\_

Cholesterol: \_\_\_\_\_

3. Go to [mycigna.com](http://mycigna.com) at least **once per year** and register or login. Each person completing Know Your Numbers must register their own account. To ensure your privacy and security, Cigna requires personal information so we can verify your identity.

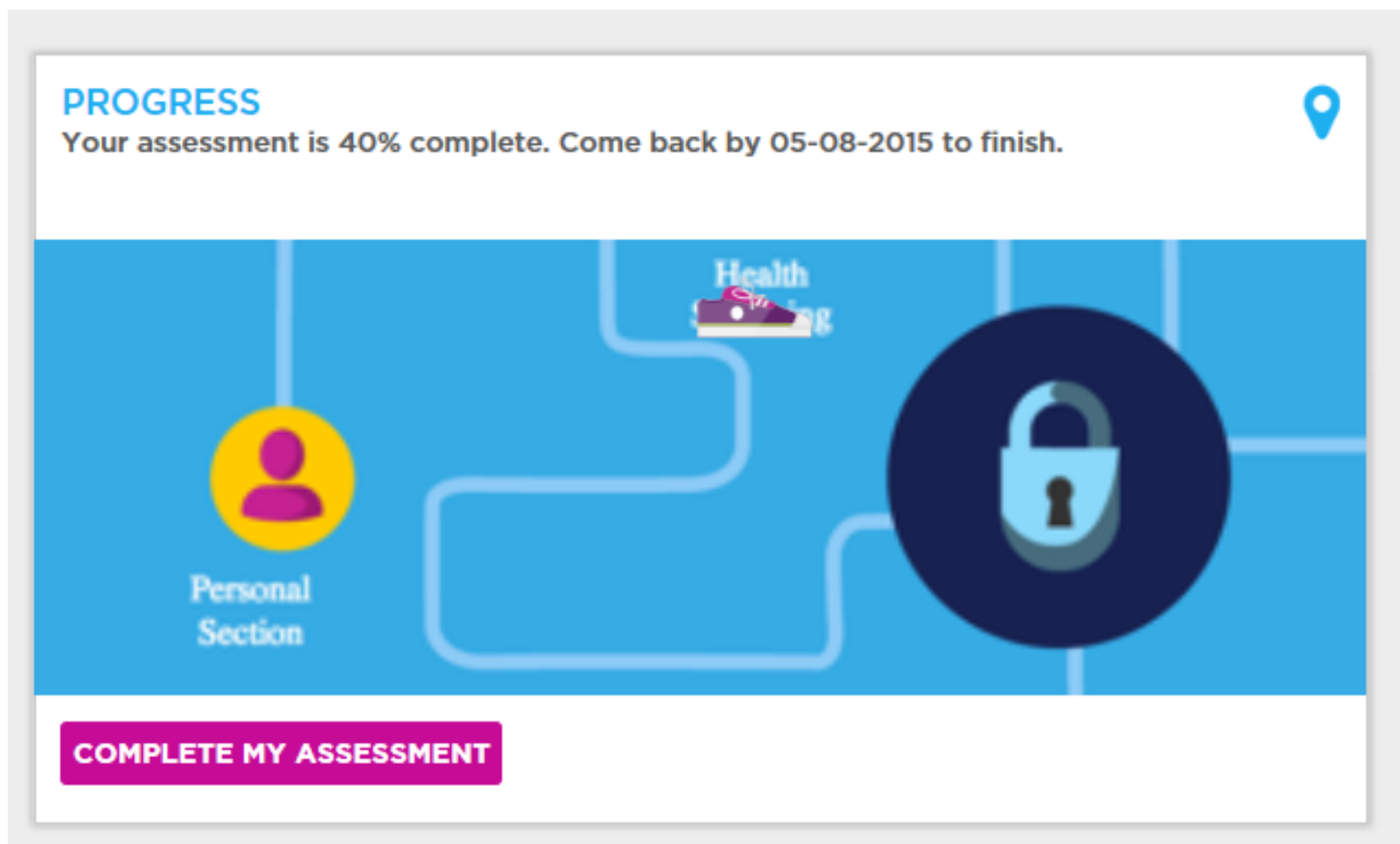
You will need to provide:

- First Name
- Last Name
- Date of Birth
- Home ZIP Code
- Your Cigna Customer ID or Social Security Number, or you will need to complete a short questionnaire so we can identify you in our systems.
- If you are covered by another family member's Cigna plan you may need to enter the Primary Customer's social security number or Cigna ID. The Primary Customer is the person who enrolled in the Cigna plan, either on their own or through their employer.

4. Click on "Take your Health Assessment" off of the rolling login screen, or click the "My Health" at the top and click "Take Your Health Assessment".

The screenshot shows the Cigna website interface. At the top, there are two tabs: "My Plans" and "My Health". Below the tabs is the Cigna logo and the tagline "healthy life it's what you manage". On the right side, there is a user profile section with "Hi Guest" and links for "Profile", "Contact", "Forms", "Español", and "Log Out". A search bar with the text "search myCigna.com" and a "SEARCH" button is also present. Below the navigation and search area is a horizontal menu with five blue buttons: "REVIEW MY COVERAGE", "MANAGE CLAIMS & BALANCES", "FIND A DOCTOR, DENTIST OR FACILITY", "CIGNA HOME DELIVERY PHARMACY", and "ESTIMATE HEALTH CARE COSTS". To the right of this menu is a "Secure Inbox (0)" notification with an envelope icon. The main content area features a large graphic of a rocket ship launching towards a yellow star, with the text "Take your health assessment for a healthier you". Below this graphic is a blue button that says "TAKE YOUR HEALTH ASSESSMENT". At the bottom of the page, there are three promotional boxes: "MDLIVE" (Talk with a doctor anytime), "ID cards" (Get one today), and "myCigna on the go" (Find a doctor, view ID card information, check claims and more).

5. Click "Complete My Assessment".



6. Complete all 5 sections of the Health Assessment: Personal Info, Lifestyle, Health Screenings, Medical History and Life and Work.
7. When all areas are complete, you will receive a popup stating "We received your score" with the date and time the score was recorded.