



# *HealthQuotient<sup>sm</sup>*

## *Health Risk Assessment*

### INSTRUCTIONS

1. Go to [www.myCIGNA.com](http://www.myCIGNA.com) and log in. If you are already a registered myCIGNA.com user, log-on using your ID and password and skip to step 3. New Registrants follow step 2 to register.
2. If you have never logged in before, you will need to register on mycigna.com for a CIGNA ID and CIGNA password. Once you access the site, you should choose, "Register Now" from the left-hand menu. Please follow the registration instructions. When you finish entering the required information, click on "register." *To access the HealthQuotient, choose the Healthcare tab from the choices along the top row. You are in the medical portion of myCIGNA.com.*
3. Click on the "My Health" tab which appears along the top row.
4. Click "Health Risk Assessment" (It is a link under the heading labeled "Health Management Resources" which appears in the center of the page.)
5. Review the Privacy Policy and click "I have read and I accept the new Privacy Policy and Terms and Conditions Policy".
6. Click on "Take Assessment" found on the left side of the page. Now you will be directed to the start of the assessment.
7. Be prepared to enter information on yourself, including height, weight and cholesterol (LDL and HDL).
8. After you have answered all of the required questions and entered all of the required information, you will be able to view and print a report on your health status.

The HealthQuotient<sup>sm</sup> assessment will take approximately 15-20 minutes.

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