

## my health assessment

# Get Informed, Then Get Control

### Did You Know?

Sleep affects certain chemicals in the body that control appetite. Findings from the National Health and Nutrition Examination Survey show that if you get fewer than four hours of sleep a night, you are 73 percent more prone to obesity than people who sleep seven to nine hours.

So while a big part of your personal health improvement plan is about getting up and moving, don't forget to lie down and rest.



You're ready to make a commitment to better health. But first, you need to better understand your personal health situation. Are there specific factors that contribute to your health? Are they hereditary? Are they controllable? Is there a healthy living plan out there that meets your unique needs?

If you're asking these questions, then you're ready to take *my health assessment* – a personal health management tool available to you on myCIGNA.com. And through the assessment, you'll learn what you need to get better control of your health and well-being.

Using a brief online questionnaire, *my health assessment* can help you:

- Identify medical conditions and health risks
- Monitor your personal health status
- Learn more about preventive care
- Be better prepared to have a discussion with your doctor

Immediately following the online assessment, individuals who would benefit from certain health improvement programs are identified through their responses and will receive an

online invitation to sign up for a coaching module. In addition to coaching, participants receive targeted communications to ensure they stay engaged. Upon completion of the module, they receive a congratulatory message encouraging them to continue with their health improvement efforts.

*my health assessment* is just one of many tools CIGNA HealthCare offers on myCIGNA.com to help you make the most of the time you spend planning, managing and understanding your health benefits.

## Getting the Most *Out of a Visit With Your Doctor*

Actively participating in your health care decisions goes hand-in-hand with effectively managing your health and well-being. As you work closely with your doctor, consider these tips to help you make the best possible health care choices.

**Prepare for your visit.** Research your health concerns and prepare a list of questions in advance. Use the tools on myCIGNA.com to help you identify health risks; learn about conditions, treatments

and medications; and keep track of your personal health information and important health indicators. You can then share the information with your doctor.

**Write it down.** Take notes to remember important information and ensure you get your questions answered. If you don't understand something your doctor says, ask to have it explained again in a different way.

**Ask questions.** Your doctor is a constant, valuable source for advice and direction, but don't hesitate to question the need for tests and ask about the costs and benefits of different treatments.

**Be open with your doctor.** If you're uncomfortable or unsure about your doctor's recommendation, express your concerns. Ask for further explanation or other options.



## Did You Know?

In addition to invaluable services from our registered nurses, the CIGNA HealthCare 24-Hour Health Information Line<sup>SM</sup> offers audio tapes on hundreds of health-related topics, including information on preventive care screenings, and overall health and nutrition. One toll-free call to 1.800.CIGNA24 does it all.

## myCIGNA.com: A Valuable Tool

WHAT DO I NEED?	JUST POINT AND CLICK.
<p><b>To take control of my health</b></p>	<p>Complete a brief questionnaire with the <b>my health assessment</b> personal health assessment tool. Get recommendations based on your health profile to help enhance your health and well-being, as well as links to other interactive tools.</p>
<p><b>To learn more about medical topics, health and wellness</b></p>	<p>Get information on more than 5,000 health conditions, health and wellness, first aid and medical exams through <b>Healthwise<sup>®</sup></b>, an interactive library. You can also research articles on clinical findings through <b>Condition Centers<sup>®</sup></b>.</p>
<p><b>To keep track of my personal health information</b></p>	<p><b>Health Record</b> is your central, secure location for tracking your medical conditions, medications, allergies, surgeries, immunizations and emergency contacts. Your <b>my health assessment</b> results are included in <b>Health Record</b>. You can easily print and share the information with your doctor.</p>
<p><b>To find out more about my local hospitals</b></p>	<p>Learn how hospitals rank by number of procedures performed, patients' average length of stay and cost all on one convenient tool – <b>Select Quality Care<sup>®</sup></b>. Get information on more than 170 surgical and medical procedures through a personalized report. You can also visit our online <b>Provider Directory</b> to find hospitals that achieve the highest scores for certain procedures or conditions.</p>

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