

Glucose:

Fasting Non-Fasting | Test Date: _____

HDL Cholesterol:

Fasting Non-Fasting | Test Date: _____

LDL Cholesterol:

Fasting Non-Fasting | Test Date: _____

Total Cholesterol (TC):

Fasting Non-Fasting | Test Date: _____

Triglycerides:

Fasting Non-Fasting | Test Date: _____

Date of last Annual Physical: _____

Date of last Eye Exam: _____

Date of last Flu Vaccination: _____

Date of last Mammogram: _____

Date of last Pneumonia Shot: _____

Date of last Tetanus Shot: _____

Allergies: _____



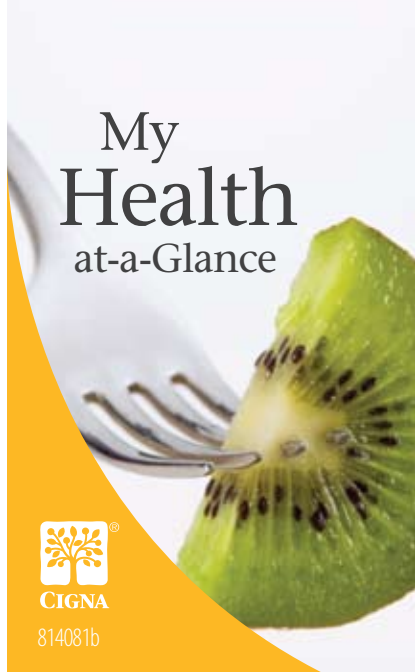
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My
Health
at-a-Glance



814081b



How Healthy Am I?

Understanding your current health status is the first step toward improvement. Complete *my health assessment* at no charge.

1. Go to myCIGNA.com.
2. Register now if you haven't already. If you're already registered, skip to Step 3.

On the left side of the screen, click on **Register**. Enter your date of birth and ZIP code, or your member ID where requested, then click on **Register**.

3. Log in using your User ID and Password.
4. Once logged in, locate the picture of the red apple on the right-hand side of the page. Select the **Take my health assessment now** link.
5. Follow the registration instructions until you reach *my health and wellness center*.
6. Select **Take my health assessment now** and follow the steps through the questionnaire.
7. After you've completed the health assessment, print **my health assessment profile**. You may also print **my health assessment profile, for my doctor** to share with your doctor.



My Health

Use this wallet card to record and track your important health information. Keep it handy for discussion with your doctor, completing *my health assessment*, or anytime for quick, easy reference.

KNOW YOUR NUMBERS

Blood Pressure (Systolic/Diastolic):

/ Test Date: _____

Height: **Weight:**

Body Mass Index (BMI):

Test Date: _____

Body Fat: Test Date: _____

Waist Circumference:

Test Date: _____