How to log in for your Health Assessment online

Cigna Medical Members that have NEVER created a myCigna.com account

1. Visit www.mycigna.com website
2. To Log in for the FIRST time by clicking “Register Now”
3. Have your Cigna Health Insurance Card handy to input your member ID during registration
4. After registration**, click on the “My Health” tab
5. To begin earning incentives, complete the Health Assessment under “My Wellness Score”

Note: If you have an existing account, please log in to www.mycigna.com with your current ID and Password

Non-Medical Members that have NEVER created a myCigna.com account

1. Visit https://my.cigna.com/?token=3340156
2. To Log in for the FIRST time by clicking “Register Now”
3. Step 2 of the registration process, you will be asked to confirm identity, select OPTION 2 and input your Social Security Number
4. After registration**, log in to see your account
5. To begin earning incentives, complete the Health Assessment under “My Wellness Score”

Note: If you have an existing account, please log in to https://my.cigna.com/?token=3340156 with your current ID and Password

**If you receive an error message when attempting to log in, this means you have already registered for an account. Please follow the prompts to retrieve your unique Username and Password**