

How to complete your online Wellness Assessment with Cigna Deadline: November 20, 2020 (11:59pm ET)

An online Wellness Assessment is a survey that asks you questions about your biometric numbers, current health condition, diet, lifestyle, health goals, sleep patterns and more. The information you provide generates a wellness score of your overall health and tips on how to achieve your health goals.

Before you start

- If you've previously completed a Wellness Screening, you may notice as you take the Wellness Assessment that your biometric values are pre-populated. You can leave these as is, manually enter your new values (if you have them) or leave these values blank¹.
- You may want to have a tape measure handy to measure your waist circumference and input that number when asked. You can also leave this number blank.
- A covered spouse/domestic partner will need the JPMC employee's Social Security Number (SSN) to register with Cigna (if they haven't already).

Ready to take the Wellness Assessment?

- From work: Go to My Health > <u>Complete Your Wellness Assessment</u> (employees only)
- From home: Go directly to mycigna.com (employees and covered spouses/domestic partners)

If you've taken the Assessment before, you'll click "Retake my Assessment." To see if you've taken the Assessment within the timeframe that counts for 2021 savings and earnings (Nov. 23, 2019 – Nov. 20, 2020), go to My Health > Track your Wellness Assessment completion.

About Cigna.com

The above links are to the Cigna website. Everyone will complete the online Wellness Assessment with Cigna – even if their health care company is Aetna.

- **Employees:** The first time you access mycigna.com, you'll need to register and provide your name, date of birth, ZIP code and Social Security Number (or Cigna Member ID if Cigna is your health care company).
- **Covered spouses/domestic partners:** You will need to register on **mycigna.com** as yourself, if you haven't already. You'll be asked to provide the JPMorgan Chase employee's Social Security Number and ZIP code, as well as your name and date of birth.

¹ If you choose to complete a Wellness Screening — though not part of this year's Initial Wellness Activities to save and earn in 2021 — your results will be automatically uploaded to the Wellness Portal between three and 15 days (depending on where you received your screening). They will be uploaded to mycigna.com (even if you're an Aetna member) between two and three weeks (depending on where you received your screening). **Core Wellness Program participants (all states except AZ & OH):** Manually entered biometric values will not trigger Wellness Rewards for meeting healthy biometric targets (BMI and/or blood pressure). See **My Health** for details.



Need help? Contact Cigna at mycigna.com or 1-800-790-3086.

Important Disclaimers