

My Plans **My Health**

Hi April | Profile | Contact | Forms | Español | Log Out  
Live Chat M-F, 9am-8pm ET

search myCigna.com SEARCH

REVIEW MY COVERAGE + MANAGE CLAIMS & BALANCES + FIND A DOCTOR, DENTIST OR FACILITY HOME DELIVERY PHARMACY ESTIMATE HEALTH CARE COSTS

We're committed to keeping your health information safe and secure. Starting September 26, 2016, you won't be able to access this site with the following outdated web browsers: Android 4.4.4, Chrome (version 21 and below), Firefox (version 26 and below), Internet Explorer (version 8 and below), Opera (version 12.17 and below), Safari (version 6 and below). If the browser you use is listed, simply download the newest version. X

MEDICAL DENTAL PHARMACY  
Make Dental my default view

GET SMART ABOUT WISDOM TEETH  
Learn how to avoid wisdom teeth related issues.

1.

You'll unlock your wellness score and gain valuable health tips. Take your health assessment or view your latest score.

GET STARTED

|                     |         |
|---------------------|---------|
| Needs Improvement   | Healthy |
| ● Body Mass Index   | 26.4    |
| ♥ Total Cholesterol | 214     |
| ▲ Blood Pressure    | 91/68   |

VIEW MY HEALTH DASHBOARD

**NEED TO TALK TO A NURSE?** You can speak with a specialist trained as a nurse for immediate solutions and advice on medical issues, 24 hours a day, 7 days a week at 800-244-6224. Or, browse hundreds of the latest health Podcasts. CHECK OUT THE PODCASTS

**APPS & ACTIVITIES**  
Ready to get moving with a cool new health app or activity? We've hand-picked the best, just for you.  
CHECK IT OUT!

**PERSONAL HEALTH TEAM**  
Need coaching? We've got your back. Call 800-244-6224 to schedule or reschedule an appointment with a health coach.  
FIND OUT MORE

**MY HEALTH ASSISTANT**  
Get help managing your weight, stress, asthma or other ongoing health concern.  
EXPLORE ONLINE COACHING

Check out the bottom row of images: a smiling man and child, a laptop with glasses, and a basket of fresh fruit.

2.

1 April En Español



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**WebMD**  
health services

Home Dental Care Health Topic Medication Advisor Health Topics Living Healthy Health Record My Health Assistant

## My Health Assistant

### My Health Goals [Track Your Weekly Progress](#)

Add, reset, or remove goals to support your wellness plan.

|  |           |
|--|-----------|
| <input type="checkbox"/> Eat Better                | AVAILABLE |
| <input type="checkbox"/> Manage Diabetes           | AVAILABLE |
| <input type="checkbox"/> Quit Tobacco              | AVAILABLE |
| <input type="checkbox"/> Manage Heart Disease      | AVAILABLE |
| <input type="checkbox"/> Manage Heart Failure      | AVAILABLE |
| <input type="checkbox"/> Manage COPD               | AVAILABLE |
| <input type="checkbox"/> Manage Asthma             | AVAILABLE |
| <input type="checkbox"/> Lose Weight               | EXPIRED   |
| <input type="checkbox"/> Enjoy Exercise            | EXPIRED   |
| <input checked="" type="checkbox"/> Conquer Stress | EXPIRED   |

3.

|  |           |
|--|-----------|
| <input type="checkbox"/> Quit Tobacco              | AVAILABLE |
| <input type="checkbox"/> Manage Heart Disease      | AVAILABLE |
| <input type="checkbox"/> Manage Heart Failure      | AVAILABLE |
| <input type="checkbox"/> Manage COPD               | AVAILABLE |
| <input type="checkbox"/> Manage Asthma             | AVAILABLE |
| <input type="checkbox"/> Lose Weight               | EXPIRED   |
| <input type="checkbox"/> Enjoy Exercise            | EXPIRED   |
| <input checked="" type="checkbox"/> Conquer Stress | ACTIVE    |

Manage your stress levels.

**Goal Completion Criteria:**

This is a 4-week goal that requires you to use the Stress Tracker to record a low level of stress on at least 21 out of 28 days.

Goal Start Date: 9/14/2016  
Goal End Date: 10/11/2016

[Remove Goal](#) [Reset Goal](#)

|                                       |         |
|---------------------------------------|---------|
| <input type="checkbox"/> Feel Happier | EXPIRED |
|---------------------------------------|---------|

**Disclaimer:**  
Not all goals in this behavior change program may be right for you. If you are pregnant or have a serious health problem, such as cancer, kidney disease or a recent heart attack, talk with your doctor about health-related goals that are right for you and follow his or her advice. We strongly recommend that all individuals consult with a physician before following the recommendations of any content provided on this site or before starting any diet, exercise or other health or condition management program. Individuals should never disregard, avoid or delay in obtaining medical advice from a licensed practitioner because of something that was read on this site. Please also see other Terms and Conditions.

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ACCREDITED  
Health Website  
Expires 07/01/2018

4.

1 April En Español

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### My Health Assistant

Track your daily progress Notifications (1) ▾

 See other weeks

#### Conquer Stress

Record a low level of stress for at least 21 of 28 days. [Manage this goal](#)

TRACKING [View Graph](#)

S M T **W** T F S

Today my stress level is ...

  
low | | | | high

PROGRESS

**0**

0 *low stress days* 21

TIPS FROM WEBMD COACHES

- Get outside and be outside >
- Listen to music to lower stress >
- Prioritize your to-do list >
- Get a good book and read >

5.

Complete activities