

Global Health Solutions

Health and Well-being Assessment

Feeling good?

We support you like the unique individual you are, and want to help you live a healthy and productive life. Even if you're in perfect health, taking our Health and Well-being Assessment can provide information to help you stay that way.

It's a simple online questionnaire that takes just 15 minutes to complete. The assessment is available in more than 20 languages and cultural adaptations. You will answer questions relevant to your current situation and learn where you're doing great and where there's room for improvement. It covers sleep, nutrition, stress and physical activity. It's thorough, yet, easy to do.



Cigna Envoy® app

The Cigna Envoy mobile app is free to Cigna Healthcare customers. It's available from the App Store®, Google Play™ or the Amazon Appstore^{1,2}

Download the Cigna Envoy app today.



Get real-time access to your health information with the Cigna Envoy app.

- Health assessments in key areas that affect your wellness
- View your global coverage details, including covered services, for you and your family members
- Find an in-network doctor or facility in our global network
- Access Health and Well-being resources
- Employee Assistance Program – real time access directly through the app if part of your employer's plan

Take our Health and Well-being Assessment.

1. Go to [CignaEnvoy.com](https://www.cignaenvoy.com).
2. Select 'Health and Well-being'.
3. Click the 'Assess my Health' link.
4. Register and complete the assessment.

Once you complete the assessment, you will receive a personalized health report along with suggestions and tips on how to improve your health and well-being. Your personal results are confidential and are not shared with your employer. The customized report will help you find out what you're doing right, discover areas of improvement and offer suggestions for current issues.

Make it a habit.

Want to track your progress? Take a few minutes to complete the Health and Well-being Assessment today, then come back and take the assessment again in a few weeks or a few months. Whatever works best for you.

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