

**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: \_\_\_\_\_

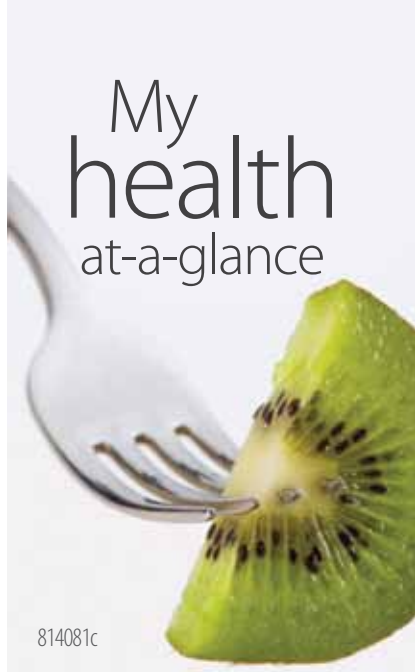
Allergies: \_\_\_\_\_



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My  
health  
at-a-glance



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# 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.

To register, click on the **Register Now** link in the middle of the screen.

3. Log in using your User ID and Password.
4. Once logged in, locate the picture of the red apple in the center of the page. Select the **Take my health assessment** link.

5. On this my health & wellness center page, select **Take my health assessment now** and follow the steps through the questionnaire.
6. 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: \_\_\_\_\_