

there's a new

coach

in town



My Health Assistant

Your way to achieve **BIG** health changes

My Health Assistant is a fun, interactive online coaching program to help you achieve big health and wellness goals in just a few small steps.

Here's how it works for you.

- Log in to **myCigna.com** and choose My Health Assistant
- You select the activities you like and the goals you want to achieve
- My Health Assistant creates a personal coaching program just for you
- You check in regularly to track your success
- My Health Assistant lets you add or change activities and goals at any time

Small steps are a great and proven way to make big change possible. Especially when it comes to your health.

Get started now.

You'll be happy that you did – and healthier for it, too.

myCigna.com



GO YOU[®]



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