Find your health information and more on My Health Dashboard

Never lose your health information again. Introducing My Health Dashboard. Located right on **myCigna.com**, it keeps your personal health information in one, easy-to-find place. And, it offers up health reminders and programs that are right for you.

My Health Dashboard automatically shows you:

- Your up-to-date health numbers, like blood pressure and cholesterol
- Reminders to take or retake your health assessment
- Health goals and milestones
- Coaching calendar
- Health information and programs just for you

To find My Health Dashboard, go to myCigna.com and click on Manage My Health. It's all there waiting for you.

GO YOU®

Cigna®

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