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## 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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