



How to complete your online Wellness Assessment with Cigna

You'll need to complete **both** the biometric Wellness Screening and online Wellness Assessment between Nov. 20, 2021 and Nov. 18, 2022 (11:59 p.m. ET) to earn money in your 2023 MRA and save \$500 on your 2023 medical payroll contributions.

You'll earn additional money in your 2023 MRA and save an additional \$500 on your 2023 medical payroll contributions if your covered spouse/domestic partner also completes the Wellness Screening and Assessment during that time frame.

An online Wellness Assessment is a survey that asks questions about your biometric numbers, current health condition, diet, lifestyle, health goals, sleep patterns and more. The information you provide generates a wellness score of your overall health and tips on how to achieve your health goals.

Before you start

- If you've previously completed a Wellness Screening, you may notice as you take the Wellness Assessment that your biometric values are pre-populated. You can leave these as is, manually enter your new values (if you have them) or leave these values blank¹.
- You may want to have a tape measure handy to measure your waist circumference and input that number when asked. You can also leave this number blank.
- A covered spouse/domestic partner will need the JPMC employee's Social Security Number (SSN) to register with Cigna (if they haven't already).

Ready to take the Wellness Assessment?

- From work: Go to **My Health** > [Complete your Wellness Assessment](#) (employees only)
- From home: Go directly to mycigna.com > Wellness > **My Wellness Assessment** (employees and covered spouses/domestic partners)

About Cigna.com

The above links are to the Cigna website. You'll complete the online Wellness Assessment with Cigna – even if Cigna is not your health care company.

- **Employees:** The first time you access mycigna.com, you'll need to register and provide your name, date of birth, ZIP code and Social Security Number (or Cigna Member ID if Cigna is your health care company).

¹ If you choose to complete a biometric Wellness Screening at a JPMC onsite event of Health & Wellness Center, your results will be automatically uploaded to the Quest Wellness Screening Portal between 3-15 days (depending on where you received your screening). They will also be uploaded to mycigna.com (even if Cigna is not your health care company) between 2-3 weeks, depending on where you received your screening. For those enrolled in the JPMC Core Medical Plan (all states **except** AZ & OH and those in CA enrolled in the Kaiser HMO Option): Biometric numbers from your Wellness Screening that meet healthy targets for BMI and/or blood pressure only will trigger Wellness Rewards and not those entered manually to the Wellness Assessment. See **My Health** for details.

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- **Covered spouses/domestic partners:** You will need to register on **mycigna.com** as yourself, if you haven't already. You'll be asked to provide the JPMorgan Chase employee's Social Security Number and ZIP code, as well as your name and date of birth.

Next, see **How to Complete your Wellness Screening** on My Health and complete both activities by Nov. 18, 2022 (11:59 p.m. ET).

Need help? Contact Cigna at mycigna.com or 1-800-790-3086.

[Important Disclaimers](#)

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