

HEALTH ASSESSMENT AND BIOMETRIC SCREENING

Keeping your personal health information confidential.

A good joke. A favorite recipe. A piece of advice. There are lots of things we feel comfortable sharing. But personal health information is usually not one of them.

That's why Cigna works hard to keep your health information confidential.

When you complete a health assessment or biometric screening, the focus is to help you. Cigna uses what we learn about your health, well-being and lifestyle behaviors to identify programs and services that can help you stay healthy – and get healthier.

There's no doubt your company wants you to be happy and healthy. Your company may offer a financial incentive for you to complete an online health assessment or a biometric screening. Your company may even offer additional incentives to you based on other metrics concerning your health and lifestyle, such as choosing to be a nonsmoker or having a low BMI. In some cases, they may require that you complete the health assessment or biometric screening in order to earn other incentives.

Cigna takes steps to help protect your personal information and keep your assessment results confidential. Your employer may use aggregate information it collects to design a program based on identified health risks in the workplace. If your company bases your eligibility for rewards on whether or not you complete the health assessment, Cigna will report participation to your employer.

Everyone can benefit from a health assessment or a biometric screening. If you haven't completed either

of these in the past year, think about getting started today. You can find the health assessment on **myCigna.com**. If you're interested in knowing your biometric results, talk with your doctor or ask your employer about having a biometric screening event at your worksite.

Please see our privacy policy at **Cigna.com/PrivacyInformation** for more about how your information is used and maintained.

Your health is important to us. So is your trust.



Cigna will not use your individual health assessment answers or biometric screening results to:

- Increase your group health plan rates
- Deny group health plan reimbursement for claims
- Share your individual information with your employer

Together, all the way.®



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