Follow 6 simple steps by March 22nd and earn $100

Step 1: Visit www.mycigna.com and click "Register Now"

Tip: You must register on mycigna.com before taking your Health Assessment

**Remember, Dartmouth College will not see any of your personally identifiable health information.

Step 2: Register

Tip: Have your Social Security Number or Cigna ID available

- Your Cigna ID is the 9-digit ID number beginning with a "U" typed across the front of your Cigna card

Step 3: Create User ID and password

Sample user ID: Earn100dollars

Tip: Your User ID must be at least four characters long and should contain at least one number and one letter

Sample password: Good4you2

Tip: Your password must be at least six characters long and should contain at least one number and one letter
**Step 4: Accept the Cigna User Agreement**

**Addressing some common concerns:**
Completion of the Health Assessment will never:
1. Affect your ability to get health insurance now or at any future date
2. Cause an increase in your insurance rate or cause your insurance to be canceled
3. Be used to determine whether a claim will be paid or denied

**Step 5: Click "Take My Health Assessment" and begin!**

**Step 6: Confirmation of Completion**

**Tip:** You can be sure that you've completely finished the Health Assessment when you see this confirmation screen:

You're done! You will receive your $100 incentive in your paycheck in approximately 2 pay cycles.