TAKE 10 MINUTES TOWARDS A HEALTHIER YOU

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Discover the fun, new health assessment powered by Zensey[®]. It takes less than 10 minutes to do and it's completely confidential. Take your health assessment today – it can help you find your path to a healthier life.

Zensey is also a social network that you can engage in all year long to help reach your health goals:

- · Gain support from social communities
- · Find strength in numbers with team challenges
- Earn coins for many interactions on the site and then use them to enter sweepstakes in the Zensey Marketplace*

Take your health assessment today myCigna.com



Offered by: Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, or their affiliates.

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