

# 5 Steps to Complete Your Biometric Screening

Follow these steps to download, complete, and submit your biometric screening form to earn wellness rewards.

1

Log into your **MyCigna.com** account and go to **Wellness**.

2

Select **Rewards**, then choose **Biometric Screening Activity**.

3

Click **Take Me There** to download the form. Print and bring it to your medical provider to complete.

4

After your provider completes the form:

- Make sure it is signed and dated
- Please keep the form clean and legible
- Incomplete or unreadable forms cannot be processed

5

Submit your form through the **Rewards** page or fax to (888) 278-9217. Processing may take 4-6 weeks. Once complete, results will appear on your **Stats** page.

You can also complete the Health Assessment for a quick snapshot of your health and wellness. Scan the QR code to access MyCigna.

