

A woman with long dark hair, wearing a white button-down shirt, is sitting in a red office chair and stretching her arms upwards. She is smiling and looking down. The background is a blurred office environment with desks, computers, and other people working.

# HEALTH AND WELLBEING ASSESSMENTS

Help your staff take control of their health

## HELPING STAFF TAKE CONTROL OF THEIR HEALTH

The core ethos of our products is the promotion of health and wellbeing and empowering individuals to take control of their health. The Cigna health assessments provide a measurable approach to health. They allow you to measure the health status of your staff while giving your people the tools they need to measure and monitor their health and wellbeing. Cigna offers a highly customised health and wellbeing assessment and four targeted assessments.

## THE HEALTH AND WELLBEING ASSESSMENT

Your employees can find out which areas of health they're doing really well in and which need attention by taking the Cigna health and wellbeing assessment. Every participant gets their own highly personalised report that provides practical tips and advice on making relevant lifestyle improvements.

### **The assessment:**

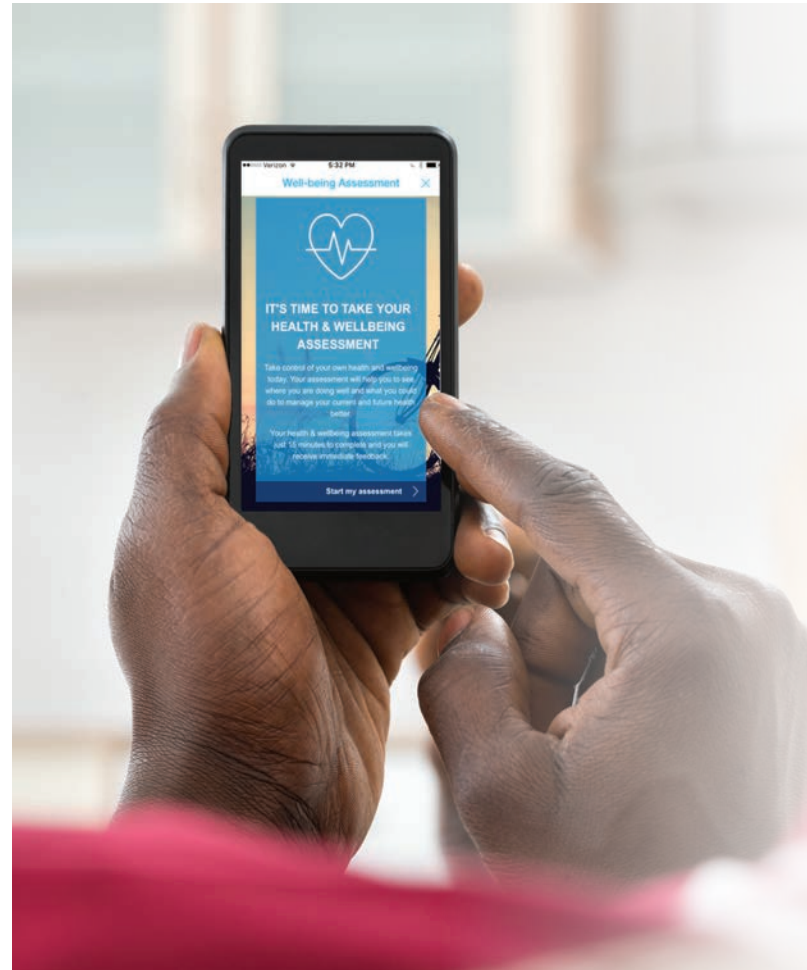
- › **Only takes 15 minutes to complete.** Contains 34 core questions and includes branching logic. For example, if a participant confirms that they drink alcohol, they'll be asked how much. If they answer that they don't drink alcohol, they'll move on to the next section.
- › Includes **basic biometric information** such as weight, blood pressure and cholesterol level. With the exception of weight, participants can answer 'don't know'.

- › Addresses **a wide range of areas affecting health** including: level of activity, weight, food choices, medical health, stress management, bodily pain, sleep quality, mood, perception of health, lifestyle choices such as tobacco and alcohol use, and attitude to life or work in terms of satisfaction and effectiveness at getting things done.
- › Gives an **overall score out of 100**, identifying the participant's health risks.
- › Provides **individual scores on eight core areas of health** to show where they're doing well and what needs attention. There's a choice of summary or in-depth information with practical advice on how to make improvements.
- › Outlines clear, identifiable **'Next Steps'**, focused on practical achievable actions.
- › The **'Next steps' can be tailored** to the organisation and can also promote solutions outside of the Cigna portal, e.g. an Employee Assistance Programme phone line, health coaching services, or gym membership.



## Features of the assessments:

- › **Downloadable reports:** There's the option to read the personal report online or download it as a PDF to read later or share with a doctor.
- › **Easy language:** Content is designed to be easily accessible and simple to read. Information is based on relevant publicly available research.
- › **Global:** Our assessments are translated and localised for 39 languages, including Simplified Chinese, Spanish, Portuguese and French.



# TARGETED HEALTH ASSESSMENTS

On completion of the health and wellbeing assessment participants may want to delve deeper into certain areas highlighted in their health and wellbeing assessment report. Our complete health management solution boasts a series of targeted assessments in the areas of sleep, stress, nutrition, and physical activity that offer a more detailed assessment of the area in question.

› **Stress Assessment:** Looks at how the participant reacts to stress and the coping mechanisms they have in place. The report focuses on how to build resilience for stressful situations and develop healthy coping strategies.

› **Sleep Assessment:** Analyses the participant's current sleep quality, factors disturbing their sleep, and looks at how their lifestyle and mental attitude may be affecting their sleep. The report provides practical information and advice for addressing particular areas of concern.

› **Nutrition Assessment:** Assesses current diet and eating habits and provides personal recommendations on how to make improvements and eat a healthy, balanced diet.

› **Activity Assessment:** Reviews how much activity the participant is currently doing in all areas of their life and provides advice on how to increase or maintain activity levels to benefit health. The assessment analyses strength and flexibility as well as overall activity.

› Each assessment takes between **10 and 15 minutes** to complete.

› All reports generate an overall score out of 100 and identify the areas participants are doing well and those that need further attention.



After completing my health assessment on the website for the second time, I was happy to see that I scored significantly higher marks on nutrition! I must say as a result of taking the health assessment online, I have made changes to my diet. I have cut out cakes and biscuits, am now eating more fruit and am paying attention to my salt intake for instance. Now that I have made changes to my diet, I feel more positive and have more energy and feel like getting out there on my bike more as I love to exercise!"

Employee from a UK - construction company

# BUSINESS BENEFITS

› **Management Reporting:** Receive detailed information on the health status of your organisation, where improvements can be made, and how your organisation compares against benchmark data. The report uses aggregated, de-personalised data and can be used to compare different sites or different geographic locations

› **Data protection:** All reporting complies with EU data protection law.

Individual participant results are confidential and are not shared with employer<sup>1</sup>

› **Future thinking:** The report shows how changing the health status of your population could impact productivity and absence

› **Can be customised and tailored to your needs:**

- Include your brand colours schemes and logos
- Add questions to collect extra data you need
- Localised content throughout the solution, to reflect country-specific cultural, dietary and clinical norms

› **Centralises and maximises your existing employee benefits:** enables you to integrate information about your existing benefits and services into one central hub maximising your current investments

› Provides a global, multilingual health and wellbeing solution that enables you to **compare across the countries and continents** you operate in

› Helps you improve **employee engagement and retention**

› Provides important information that can help you **build a results-oriented wellness strategy and deliver effective return on investment**

› The Cigna assessments are NCQA (National Committee for Quality Assurance) certified and have been validated for use in a corporate environment\*

1. Data protection: As all our reporting processes comply with EU Directives on Data Protection. An individual's data is treated as confidential and will not be shared without explicit consent. Where applicable we will comply with other data protection laws.

\* The National Committee for Quality Assurance is a private, not-for-profit organisation dedicated to improving health care quality. The NCQA seal is a widely recognised symbol of quality. Organisations incorporating the seal into advertising and marketing materials must first pass a rigorous, comprehensive review and must annually report on their performance. For consumers and employers, the seal is a reliable indicator that an organisation is well-managed and delivers high quality care and service.



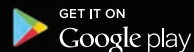


**Download the Cigna  
Wellbeing app today!**

**Get the App**



**Get the App**



## **Cigna Wellbeing™ app**

Your employees can easily take care of themselves, wherever they are. They'll have access to services and support to help them with every dimension of their health.

Cigna

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