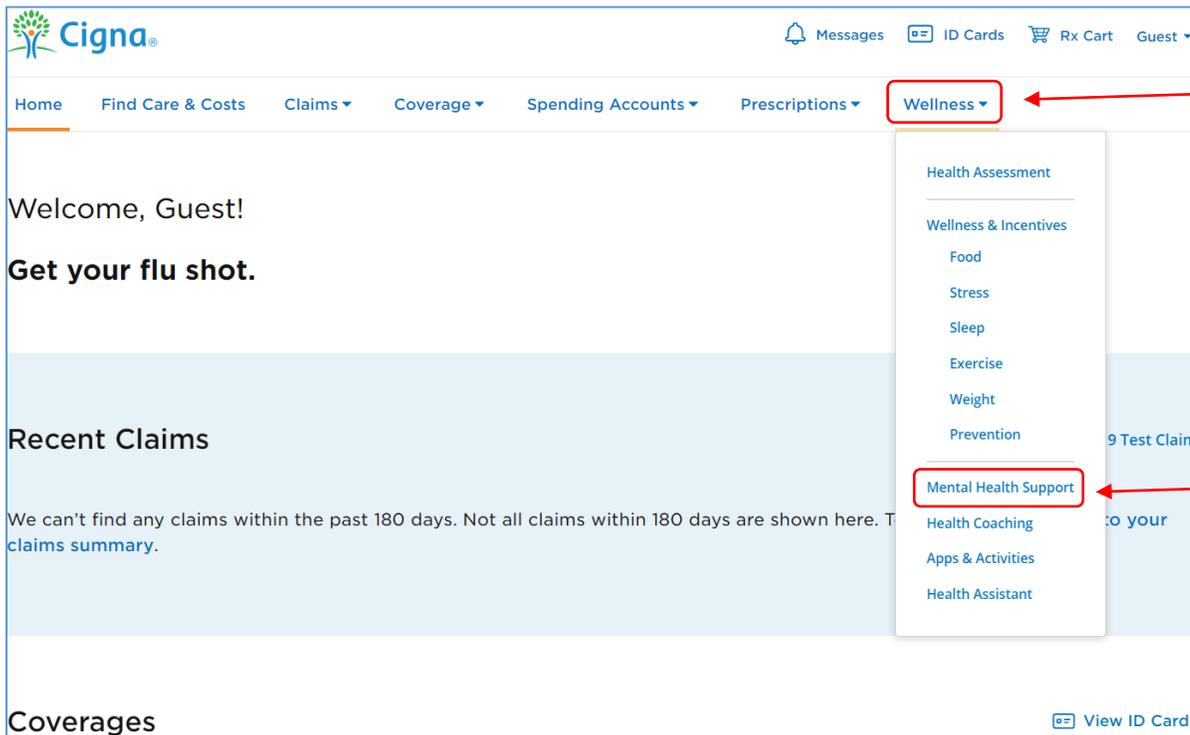


Mental Health Support Assessment Tool – Navigation Instructions

1. Log in to myCigna.com. Click the **Wellness** link along the top. From the dropdown, click **Mental Health Support**.



From myCigna Home Page, click on **“Wellness”**

From the dropdown select **“Mental Health Support”**

2. This is the landing page you will see. Click **Guide Me** to begin the assessment.



3. This is one of the questions you will see. You will be guided through a series of additional assessment questions.



How are you feeling today, Guest?

Why?

Select Current Mood

or select ONE of the following:

Very Good Good A Little Off Overwhelmed

After each question, select the answer that best describes how you feel.

5. Once complete, you'll be presented a recommended resource/program highlighted in the blue area. To explore additional options, click **See Alternative Options**.

Here are your recommendations based on your latest completed assessment. Get back on track
[or Re-take the Assessment](#)

Recommended

Meru Health 

Virtually connects customers (ages 18+) with a licensed therapist via live video and private texting, as well as access to an online ...[more](#)

[Continue](#) 

[See Alternative Options](#)