



Good For You!

Wellness programs by SCHOOLCARE

SCHOOLCARE's 3 Pillars of Wellness; **Understand YOU**, **Take Action** & **Stay Active** help **EMPOWER** you to make healthy lifestyle choices, take small steps toward changing behaviors, and **ADVOCATE** for yourself and the well-being of others.

Understand YOU



Build Awareness of your own personal health and wellness

Take Action



Educate yourself on your own personal health and well-being

Stay Active



Make Physical Activity part of your lifestyle

SCHOOLCARE 's Philosophy

Is to focus on the subscriber and spouse. We designed the program to help educate adults on their health and wellness in hopes that the habits would then be passed on to their dependents.

What does well-being mean to you?

Choose activities best suited for your own personal health & wellness goals. We are each uniquely motivated. The 3 Pillars of Wellness offer *Awareness, Education, and Physical Activity*.

SCHOOLCARE's commitment

Good For You! is our commitment to your health and well-being. SCHOOLCARE has partnered with Viverae, a leading Health Management Provider, to offer best practice, evidence-based, achievable and engaging wellness programs.

For all questions, please contact SCHOOLCARE's wellness partner, VIVERAE:

Monday - Thursday 8:00 a.m. to 8:30 p.m., Friday 8:00 a.m. to 7:00 p.m.

SCHOOLCARE/Cigna medical participants can annually earn up to:

Subscriber = \$800 Covered Spouses & 65+ Retirees = \$400



Reward Summary for Subscribers & Covered Spouses

EARN YOUR *GOOD FOR YOU!* CASH INCENTIVES

The SCHOOLCARE *Good For You!* wellness program empowers you to become an advocate for your health. Get inspired and stay engaged throughout the plan year with the 3 Pillars of Wellness as your guide!

<p>Quarter 1 (7/1/2018– 9/30/2018)</p>	<p>Your Health Assessment- \$75 Complete a confidential 20 question survey.</p> <p>Biometrics- \$100 Complete a Physician Lab Form or attend an on-site screening.</p> <p><i>Points available Quarters 1-4: July 1 to June 30</i></p>
<p>Quarter 2 (10/1/2018 – 12/31/2018)</p>	<p>Health Coaching- earn up to \$75 Earn \$25 each quarter when you engage with a Health Professional to support YOU in achieving your health goals.</p> <p><i>Points available Quarters 2-4: October 1 to June 30</i></p>
<p>Quarter 3 (1/1/2019 – 3/31/2019)</p>	<p>Preventive Care Compliance- \$50 Report a minimum of 2 of the recommendations listed on your portal.</p> <p><i>Points available Quarters 3-4: January 1 to June 30</i></p>
<p>Available EACH of the 4 Quarters</p>	<p>Quarterly Program Activities- earn up to \$125 each Quarter 250K Step Challenge, Employer Challenges, Peer Challenges, Online Education, Healthy Events (self-reported), and more! <i>Covered Spouses & 65+ Retirees can earn up to \$25 per quarter in Program Activities</i></p> <p><i>Points available Quarters 1-4: July 1 to June 30</i></p>

Get started by creating your SCHOOLCARE *Good For You!* account

Visit: www.schoolcare.org and click on the *Good For You!* logo to find easy-to-follow registration & program instructions, webinars, and more...

Note: Cash incentives, payments, and rewards paid to wellness program participants are taxable income. Please review with your tax consultant for more information.