



Better Health Is As Easy As 1-2-3



Good For You!

Wellness programs by SCHOOLCARE

Participating in the SCHOOLCARE **Good For You!** wellness program is easy! This program will offer you the necessary tools to help you lead a healthier lifestyle. Not only is it free to you, but you can earn CASH incentives! To get started, simply complete the following steps.

STEP 1: HEALTH ASSESSMENT (HA)

The HA asks questions about specific lifestyle habits. Upon completion, your Member Health Report will highlight your current risk level for each lifestyle habit and give you tips for improving your overall health and well-being. You can complete your HA online at www.myviverae.com.

- Once logged in, click the **My Health** tab
- Click **Begin** under Health Assessments on the **My Health** page

STEP 2: PHYSICIAN'S LAB FORM or BIOMETRIC SCREENING

A Physician Lab Form, may be submitted if you have completed a physical with lab work by your health care provider after January 1, 2016. Also, if you are unable to attend an on-site screening, you may participate by scheduling a physical/lab work anytime during the plan year and then submit the Physician Lab Form. You can locate and print the Form online at www.myviverae.com.

- Once logged in, click the **Resources** tab
- The Physician Lab Form is located under **Document Library** on the **Resources** page

A Biometric Screening consists of a finger stick to measure your total cholesterol, HDL and LDL cholesterol, cardiac risk, triglycerides, and glucose.

The screening will also check your blood pressure and body composition (including height, weight, Body Mass Index (BMI), and waist measurement). Login to your **Good For You!** Account, then click on Events to reserve a space for an upcoming on-site Biometric Screening.

Please note: biometrics may only be submitted once per plan year via a Physician Lab Form or on-site event (7/1-6/30).

STEP 3: INCENTIVE

Once you've completed the HA and Biometric Screening or Physician Form, you will receive a **\$175.00 CASH** incentive (paid at the end of the quarter completed). It's that easy!

Screening Event Highlights

- Appointments are 15 minutes in length
- Biometric screenings will be held from 6:30 - 11:30 a.m. since they do require individuals to fast
- SCHOOLCARE/Cigna participants are welcome to attend any screening location regardless of where they are employed
- Employees and covered spouses may participate
- Biometrics will be automatically uploaded to your **Good For You!** Account

Schedule online today!

SCHOOLCARE has partnered with Viverae, a leading corporate wellness provider, to host the **Good For You!** Wellness program and its services. All programs are confidential and HIPAA-compliant. Any information shared with the Viverae team will not be disclosed except in accordance with HIPAA laws. Your Protected Health Information (PHI) will not be shared with your employer.

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