



# Good For You!

Wellness programs by SCHOOLCARE

*There's no time like the present to begin something that's **Good For You!***

## Quarter 1 Newsletter July 1, 2017- September 30, 2017



**Quarter 1 incentives will be tallied by 10/31/2017!**

### Upcoming Events:

~ FREE On-site Biometric Screenings  
*Check the "Events" icon for dates and locations.*

~SCHOOLCARE's 6<sup>th</sup> Annual Wellness Retreat is Wednesday, 10/18/2017 email [jcampo@schoolcare.org](mailto:jcampo@schoolcare.org) to find out more!



### On Your Mark...

July 1 marks the start of a new plan year. It's a clean slate to begin or continue working towards your health goals. Over the course of the next four quarters, Employees have the opportunity to earn up to \$800 and covered Spouses and Retirees can earn up to \$400.

### Get Set...

At the start of a new plan year it's key to identify your goals and what you'd like to accomplish throughout the next twelve months. The **Good For You!** wellness programs already provide the "How", but it's up to you to determine your "Why". Once you know your reason for participating, you'll be empowered to make a change!

### GO!

Now, it's time to get started! Available activities in the first quarter include:

- Health Assessment (\$75)
- Biometrics (\$100) – Onsite Screening or Physician Lab Form
- Quarterly Program Activities (up to \$125\* per quarter)

\*Covered Spouses and Retirees can earn up to \$25 per quarter

### Free From Fried Foods Challenge

This quarter, participate in the *Free From Fried Foods* Challenge! This 4 week program will help you decrease the amount of fried food consumed daily. Stay tuned for more info!

*Sign-ups begin: 8/7/2017*

*Start/end dates: 8/14/2017 – 9/10/2017*

### Brand New Good For You! Experience

**Good For You!** Is better than ever! We are pleased to announce the launch of a brand-new website and mobile app from our wellness partner Viverae.

**As of 7/1/2017**, you will log in by going to [connect.viverae.com](http://connect.viverae.com) to use the new site. Remember to update your bookmarks!

The Viverae Mobile App is available in the Apple Store (iOS 9 and higher) or in the Google Play store (4.4 or higher). Get ready to engage in your wellness program like never before with full access to **Good For You!** on the go!

- Message with a Health Coach
- Register for an onsite- screening
- Track your steps
- Participate in Employer Challenges

**Start earning your Quarter 1 incentives today!**

Visit: [www.schoolcare.org](http://www.schoolcare.org) and click on the **Good For You!** logo.



For assistance or questions, please call 888-VIVERAE (848-3723) Mon - Thurs from 8 a.m. to 8:30 p.m. (ET), and Friday from 8 a.m. to 7 p.m. (ET).