



Good For You!

Wellness programs by SCHOOLCARE

Participating in the **Good For You!** wellness program is easy. It's never too late to start!

Quarter 3 Newsletter January 1 – March 31, 2017



Quarter 2 incentive checks from SCHOOLCARE will be in the mail by 1/31/2017!

Programs available until 6/30/2017:

- ~Health Assessment
- ~Biometrics
- ~Health Coaching
- ~Preventive Care

Upcoming Events

~ FREE On-site Biometric Screenings
Check the "Events" icon on your Dashboard for dates and locations



Preventive Care Compliance

Self-report your Preventive Care and earn **\$75**. It's easy...simply go to the "My Care" tab on your **Good For You!** Dashboard to find age and gender specific recommendations.

Report a minimum of three to earn your incentive. This is a great way to track yearly exams and keep up to date.

NEW Mobile App and Enhanced Website now available!

Want to go mobile? Download the FREE Viverae app from the app store on your smartphone!

Viverae has taken participant feedback and developed a new intuitive website which SCHOOLCARE will moving to as of 7/1/2017. It is available today should you wish to see what's new. Click on "Try the New Experience" to start exploring the NEW website.

Quarterly Program Activities


Employees have the opportunity each quarter to earn \$125 through a variety of activities like, Peer Challenges, Online Webinars, Healthy Events, Employer Challenges and MORE.

NEW this year and each quarter is the *250K Step Movement*. Sync your app or device to track steps.

Employer Challenge is 5-A-Day

This is a 4 week challenge designed to increase the amount of fruits and vegetables consumed. Stay tuned for more info! Covered employees and spouses are eligible to participate.

Sign-ups begin: 2/6/2017
Start/end dates: 2/20/2017 – 3/19/2017

SchoolCare.org has undergone a makeover! Check it out by clicking on the **Good For You!** logo on the top right of the website. Also be sure to check SCHOOLCARE out on Facebook. 

Start earning your quarterly incentives today!

Visit: 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).