



Good For You!

Wellness programs by SCHOOLCARE

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

Quarter 4 Newsletter April 1 – June 30, 2017



**Quarter 3
incentive checks
from
SCHOOLCARE will
be in the mail by
4/30/2017!**

Fun Fact:

**250k Step Movement
participants have
traveled
2,711,022,139 steps
OR roughly 4.8 trips
to the moon!**

Upcoming Events:

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



Sugar Smasher Challenge

This quarter participate in the *Sugar Smasher* Challenge! This 4 week program will help you decrease the amount of sugar consumed daily. Stay tuned for more info!

Sign-ups begin: 4/24/2017

Start/end dates: 5/8/2017 - 6/4/2017

Covered employees and spouses are eligible to participate.

Health Coaching Challenge

The first ever Health Coaching Challenge concluded on March 15th. Congratulations to our 10 Fitbit winners, and thank you to the 464 participants who completed a Health Coaching session!

**The top 3 areas participants
partnered with a health coach were:**

- Building a nutritional plan
- Changing behavior for a better quality of life
- Increasing physical activity

If these are areas you want to focus on, your Health Coach is waiting to help you succeed. Schedule a session with Viverae today!

*Be on the look-out for more **bonus challenges** and **prizes** in the future...*

More Than Half!

Did you know, the *Health Assessment* (\$75), *Biometrics* (\$100), *Health Coaching* (\$50) and *Preventive Care* (\$75) programs are all available in Quarter 4? That means you can still earn **more than half of** your annual incentive* by June 30th.

To view the programs you still have available, simply log in to your account and click on "Earn More Points".

**Employees can earn up to \$425!*

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

Open Enrollment Reminder

The plan year renews July 1st. Be sure to attend your employer open enrollment meeting to see **What's NEW with Good For You!**

Don't Forget to 'Like' the SCHOOLCARE Facebook page to receive regular updates on the latest **Good For You!** news and events.



Start earning your Quarter 4 incentives today!

Visit: www.schoolcare.org and click on the **Good For You!** logo.