



Good For You!

Wellness programs by SCHOOLCARE

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

Quarter 2 Newsletter October 1, 2017- December 31, 2017



Quarter 2 – Let's keep it going!

Do you have a success story to share? Have you improved your habits, lost weight, or changed your lifestyle? We'd love to hear about it. Email jcampo@schoolcare.org

Upcoming Events:

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

SCHOOLCARE's 6th Annual Wellness Retreat is 10/18/2017
Email jcampo@schoolcare.org for details

Quarter 2 incentives will be tallied by 1/31/2018

Time to Engage with a Health Coach

As a **Good For You!** wellness program participant, you have access to a dedicated Health Coach at no cost! And, for the first time, you will be able to complete Health Coaching for an incentive in Quarters 2, 3, and 4*.

Health Coaching in Action

The top three goals that health coaches are helping SCHOOLCARE participants with today are building nutrition plans that work for their lifestyle, changing behaviors to better their quality of life, and designing plans to increase physical activity.

Health Coaches can also empower you to set and reach your health goals, keep you accountable for progress, and advocate for success in your well-being journey.

Ready to begin? It's easy. Simply call the Viverae Health Center at 888-833-5829 or send a secure message through connect.viverae.com (mobile or desktop)

**Earn \$25 per quarter when you continue to engage with your coach*

Time Saver Challenge

Never enough hours in the day? We hear you! This quarter, participate in the **Time Saver Challenge**. This 4 week program will help you reduce stress through more efficient time management. Stay tuned for more info!

Sign-ups Begin: 11/6/2017

Challenge Period: 11/13 to 12/10/2017

Viverae's New Experience

As of January 1, 2018, access to your wellness program can be found through connect.viverae.com. Be sure to update your bookmarks!

The Viverae Mobile App is available in the Apple Store (iOS 9 and higher) and 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 screenings
- Track your steps
- Participate in Employer Challenges

For those using an Apple device, be sure to sync to your **Good For You!** account. For more information, visit the **Resources** tab on connect.viverae.com, click on **Forms and Documents** and **Connecting With Apple Health**.

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



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



For assistance or questions, please call 888-833-5829 Mon - Thurs from 8 a.m. to 8:30 p.m. (ET), and Friday from 8 a.m. to 7 p.m. (ET).