



SCHOOLCARE

HEALTH BENEFIT PLANS

Open Enrollment 2024

Open Enrollment is the one time of the year you can enroll or make changes to your health benefits. Please review the information and resources included in this flyer to help you make informed decisions!

Are you on the Yellow Plan with Choice Fund?

The Choice Fund is an embedded Health Reimbursement Account (HRA). It covers the first portion of services that apply to the deductible.

- \$1,000 single
- \$2,000 for two-person/family

You must activate your Choice Fund annually!*

If you are **currently enrolled** with SCHOOLCARE/Cigna, take your assessment at myCigna.com between June 1 - July 31, 2024.

If you are **NEW** to SCHOOLCARE/Cigna effective July 1, 2024, take the assessment at myCigna.com between July 1 - August 31, 2024.

**The subscriber must complete the Health Assessment to activate the HRA.*



The **Good For You!** Well-Being Program provides flexibility to meet you at any stage of your health journey – whether to make large or small improvements or simply maintain good health. Your health is not one-size-fits-all and as such, we don't believe your incentives should be. From July 1 to June 30, all participants can earn up to \$600 in incentive rewards. Learn more at schoolcare.org/wellness-pillars.

- Health Assessment** unlocks incentives
- Biometrics** \$100
- Preventive Care** up to \$250
- Case Management** up to \$350
- Omada** up to \$350
- Healthy Events** up to \$400
- Healthy Pregnancies, Healthy Babies** up to \$250



Access all program opportunities at myCigna.com



NOTE: Cash incentives, payments, and rewards are available upon completion of the Health Assessment annually. Amounts paid to well-being program participants are taxable income. Please review with your tax consultant for more information.

WHAT'S NEW

ID Cards Going Virtual

As of July 1, 2024, Cigna will no longer automatically send physical ID cards to new or returning participants. Current participants may continue using previously issued cards if making no changes to your medical benefits.

- Access your card when you need it from your phone by downloading the myCigna app or by logging into myCigna.com on your preferred browser.
- iPhone users can add a digital copy of their card to their phone's virtual wallet
- You can request a physical ID card by logging into myCigna.com submitting a request on the ID cards page.

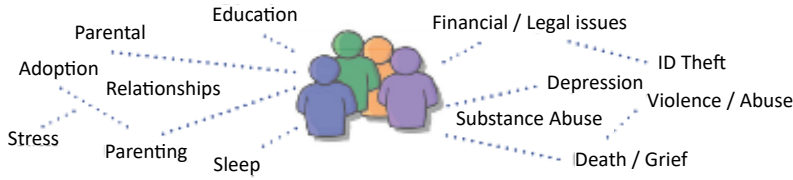
Omada Complete for Diet and Lifestyle Change

Omada Complete goes beyond providing personalized support for diabetes and hypertension prevention only to include support for participants already diagnosed with type 2 diabetes and high blood pressure. Participants who qualify are connected to a dedicated virtual team of real people to help you feel better long-term. To learn more and apply for any of Omada's offerings visit go.omadahealth.com/schoolcare.

SCHOOLCARE/Cigna participants and covered dependents ages 18+ are eligible to receive the program at no additional cost if at risk for type 2 diabetes or heart disease or living with diabetes or high blood pressure, and are accepted into the program.

Employee Assistance Program (EAP)

The EAP is a free, confidential service for covered employees and their household members to help manage work/life challenges and improve well-being.



Access EAP assistance 24/7
call 877-622-4327 or visit myCigna.com

Employer ID: SCHOOLCARE

Live/on-demand seminars are also available at myCigna.

Flexible Spending Account (FSA)

Pay for out-of-pocket health care expenses with pre-tax funds!

- Can be used by a covered spouse or dependent
- Funds are available on the 1st day of the plan year

Ask your employer if an FSA is available.



Save \$30 in taxes for every \$100 set aside in an FSA

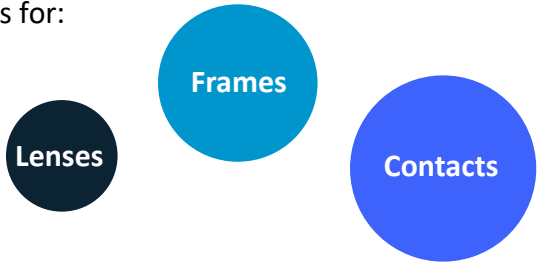
Eligible expenses include medical, dental, vision and OTC medications/supplies

Vision



A hardware/lenses plan using VSP's Choice Network plus Walmart, Visionworks, and Pearle Vision.

If offered by your employer, this plan provides great cost savings for:



NEXT STEPS:

- Consider any changes such as plan choice or covered dependents.
- Complete the SCHOOLCARE Enrollment/Change Form and return it to your employer by May 24, 2024.
- Consider enrolling in your employer-sponsored Flexible Spending Account (FSA), if available.
- Set a reminder to complete your Health Assessment at myCigna.com to earn your well-being incentives for the new year or to unlock your HRA if applicable.

Learn More About YOUR Benefits

SCHOOLCARE

Visit schoolcare.org/resources-materials to:

- Review the recorded Open Enrollment Webinar
- Choose your Employer from the drop-down list at to access:
 - Enrollment Guide
 - Benefit Summaries
 - Enrollment/Change Form
 - Health Plan Webinars



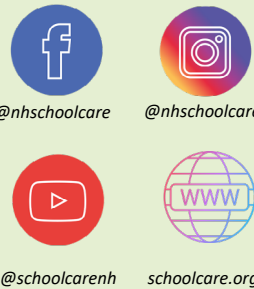
Cigna

Use myCigna.com or the mobile app to:



- Compare costs of procedures and services
- Find an in-network physician, dentist or facility
- View medical, prescription and dental claims
- View, order or print a new ID card
- Access the **Good For You!** Well-Being Program

Stay Current on Your Benefits



Receive up to 2 texts per month about your health benefits.

SCHOOLCARE

8:30 a.m. to 4:30 p.m. M-F
603-836-5031

Eligibility & Enrollment, Coverage & Benefits, Program & Claims Support

Cigna

24/7/365
800-244-6224

Claims, Coverage & Well-Being Support