



Good For You!

Well-Being Program by SCHOOLCARE

“Sufficient sleep, exercise, healthy food, friendship, and peace of mind are necessities, not luxuries.”

– Mark Halperin

QUARTER 3 NEWSLETTER

JANUARY 1 - MARCH 31, 2024



Customize your health and wellness journey

At SCHOOLCARE we recognize your wellness journey is your own. You can customize what you prioritize to meet individual well-being goals. That’s why Self-Reported Healthy Events is open to an expansive slate of activities you can complete on your own time to improve your health and well-being however that looks for you. Report up to four events per quarter and earn a \$25 incentive for each. To save time, wait until you’ve completed four, then log in once to report them. [Learn more here.](#)

Don’t forget to complete your health assessment

There are still four months to earn incentives with the **Good For You!** Well-Being Program, but incentives are not paid out until your health assessment is complete. To get started, login to mycigna.com and click on “Health Assessment” under the “Wellness” menu or in the mobile app by tapping the “Health Assessment” button on the home screen.

Self-register for a biometric screening at a Quest PSC

Your biometric screening is a short health screening that includes blood work, blood pressure and body measurements that provides key data to help reduce health risks and improve overall well-being. You can self-register for a screening at a Quest Patient Service Center (PSC) and earn a \$100 **Good For You!** incentive. [Learn more here.](#)



SCHOOLCARE recognized at highest level for *Good For You!* program

SCHOOLCARE is proud to announce that it is the recipient of Cigna Healthcare’s 2023 Gold level Healthy Workforce Designation for demonstrating a strong commitment to improving the health and vitality of its participants with the **Good For You!** Well-Being Program. The designation recognizes SchoolCare’s efforts to prioritize multiple dimensions of wellness, build a culture of health, and boost participant engagement.

Check if your health assessment is complete

Unsure if your health assessment is current? Login to mycigna.com and click on “Health Assessment” under the “Wellness” menu or in the mobile app tap the “Health Assessment” button on the home screen. Your assessment is current **if the completion date is on or after 6/1/2023.**

Navigating myCigna.com and *Good For You!*

Check out this less than [two-minute overview](#) of how to navigate your SCHOOLCARE benefits and wellness incentives in the myCigna portal. If you are new to SCHOOLCARE, checking out **Good For You!** for the first time, or need a refresher, [our Welcome Guide](#) highlights all incentives and **how you can earn \$600 this year!**

Need help registering for an account? Contact Cigna at 800-244-6224.

Visit schoolcare.org and click on the Health & Wellness tile for more resources.



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.