



# Good For You!

Well-Being Program by SCHOOLCARE

For all questions, please contact SCHOOLCARE's well-being partner, Cigna 24/7/365:

Program Questions: 800-244-6224

[myCigna](https://myCigna.com) Technical Assistance: 800-284-8346



## Focus on Total Health

SCHOOLCARE's **Good For You!** Well-Being Program is built around six basics of healthy living. Through these components you can connect to holistic wellness and HAVE FUN with your colleagues and family all while earning CASH! Access all program opportunities at [myCigna.com](https://myCigna.com).



### SCHOOLCARE's Philosophy

This program is designed to educate and reward subscribers and spouses for maintaining or improving their health and well-being.

### What Does Well-Being Mean to You?

Choose activities that best fit your personal wellness goals. SCHOOLCARE's program can help EMPOWER you to make healthy choices through the basics of healthy living: **food, exercise, stress, weight, sleep, and prevention**. Take small steps toward changing behaviors, and ADVOCATE for yourself and the well-being of others.

### SCHOOLCARE's Commitment

**Good For You!** is our commitment to your health and well-being. SCHOOLCARE is partnered with Cigna to provide best practice, evidence-based, achievable and engaging well-being programs.

SCHOOLCARE/CIGNA medical plan subscribers and covered spouses are each eligible to earn **up to \$600** annually.

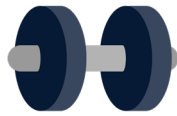
*Incentives earned are paid on a quarterly basis.*





## Build YOUR Path to Well-Being

The SCHOOLCARE **Good For You!** Well-Being Program offers incentives to fit all your health goals. Incentives are available beginning July 1<sup>st</sup> except as indicated below.



### Health Assessment - Required

To receive the cash incentives below, the confidential Cigna Health Assessment must be completed annually. Upon completion all incentives earned will become available.

#### Preventive Care - up to \$250

Earn \$50 each for physician-recommended annual age and gender-specific preventive services.

**Also:** Self-report your annual preventive dental and vision exams (\$25 ea).

#### Biometrics - \$100

Use a Quest or LabCorp facility with a doctor's orders, self-register at a Quest Patient Service Center, or complete a Physician Lab Form.

#### Self-Reported Healthy Events - up to \$400

Report up to four healthy activities per quarter that benefit your total well-being, including: physical, social, emotional and financial wellness (\$25 ea). Max \$100 per quarter.

**Incentive available beginning July 1<sup>st</sup>, October 1<sup>st</sup>, January 1<sup>st</sup>, and April 1<sup>st</sup>.**

#### Omada - up to \$350

Complete 16 weeks of the program (\$100) and/or meet your weight loss goal of 5% (\$250).

#### Case Management - up to \$350

Work with a Cigna Case Manager to coordinate care (\$100) and/or make progress toward a goal (\$250).

#### Healthy Pregnancies, Healthy Babies up to \$250

Enroll in first trimester and complete program to earn \$250; enroll in second trimester to earn \$125.

#### Online Health Coaching - up to \$250

Earn \$50 for each online program completed.

#### Telephonic Health Coaching - up to \$350

Engage with a health professional for support in making progress toward overcoming chronic conditions (\$100) and making progress toward (\$25) and achieving (\$50) health goals.

**Start earning SCHOOLCARE **Good For You!** incentives today using [myCigna](https://myCigna.com).**

For easy-to-follow program instructions, videos, and more visit [schoolcare.org](https://schoolcare.org)

*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.*