



Good For You!

Wellness programs by SCHOOLCARE

"It's hard to change habits. Take baby steps and if you falter, catch yourself and say, let's do it again." ~ Dr. Bisgrove

Quarter 3 Newsletter: Commit to small changes

January 1, 2021 – March 31, 2021

Making new goals often means breaking old habits. Log into your [myCigna](#) account, click **View my incentives** on the homepage, then click the **Goals** tab to view programs available.



Take on the New Year one step at a time!

Earn up to **\$800** per plan year as a subscriber and **\$400** as a covered spouse or 65+ retiree.

Start by completing your annual [Health Assessment](#) if you haven't already.

NOW Available

Watch the [Quarter 3 Opportunities webinar](#) to learn more about incentives.

Quarter 2 Good For You! incentives will be issued by 1/31!



Preventive Care (Earn up to \$225)

In the first week of January, you will see Preventive Care goals available for incentive on [myCigna](#). If you completed any goals since the beginning of the plan year (7/1/2020), they will begin to be marked *Completed* and the incentive will be awarded. Remember incentives are paid quarterly and you have until June 30th to complete your Preventive Care.



- Physical Exam
- OB/GYN Exam
- Prostate Screening
- Cervical Cancer Screening
- Mammogram
- Colon Cancer Screening
- Flu Shot

NOTE: 65+ Retirees must self-report completion in their [myCigna](#) account.

Biometrics (Earn an additional \$150)

Ask your doctor to order routine labs at a Quest or LabCorp, or obtain labs at an alternate location and have your doctor complete the [Physician Lab Form](#). SCHOOLCARE is currently not hosting on-site screenings.



Pause, Laugh, and Refresh (Earn \$25)

Our Wellness (Re)treat webinar featuring motivational speaker Tami Evans is still available! Email goodforyou@schoolcare.org for the link to enjoy at your leisure. Earn **\$25** for watching the (Re)Treat and recording it as a Healthy Event in your [myCigna](#) account. [Click here to learn more.](#)

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 **Health & Wellness** tile for additional resources.



For all questions or help registering for an account please contact Cigna, SCHOOLCARE's wellness partner at **800-244-6224**