



Good For You!

Well-Being Program by SCHOOLCARE

"It does not matter how slowly you go as long as you do not stop."

– Confucius

QUARTER 1 NEWSLETTER BUILD HEALTHY HABITS TO LAST ALL YEAR



Learn Your Numbers With an Annual Biometric Screening

A short biometric exam can give good insight into your current health. Complete your screening via doctor's orders, or self-register at a Quest Patient Service Center. If you do this in advance of your annual physical, you can review the results with your provider at that time. You can also earn a \$100 **Good For You!** Well-Being Program incentive. [Read more.](#)

Improve Your Health and Earn Up to \$350 With Omada

Lifestyle change can be difficult, but Omada can help. SCHOOLCARE participants at risk of type 2 diabetes or heart disease may be eligible to participate in Omada's prevention program to help lose weight and improve habits around eating, exercise, sleep, stress and more. [Learn more here.](#)

Earn Cash for Making Healthy Choices All Year

With the start of each new plan year comes a fresh opportunity to earn cash incentives for health and wellness activities. Every SCHOOLCARE/Cigna subscriber and covered spouse is eligible to earn \$600 as part of the **Good For You!** Well-Being Program. Need help getting started? Check out our [2024-25 Welcome Guide](#) for a program overview, or [sign up for a four-part email series](#) that takes a deeper dive into the program.



First Things First: Complete Your Annual Health Assessment

Get a personalized look at your current health and recommended steps for improvement when you complete your annual [Health Assessment](#) found in the [Wellness menu](#) at myCigna.com or in the myCigna app. Completion of your annual health assessment also unlocks your **Good For You!** Well-Being Program incentives.

Manage Your Benefits at myCigna.com

Check out a [two-minute overview](#) of how to navigate your SCHOOLCARE benefits and wellness incentives in the myCigna portal.

Final 2023-24 Incentives

Any incentives earned at the end of the 2023-24 plan year that were not validated before June 30 will be paid by the end of August.

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.