



Good For You!

Wellness programs by SCHOOLCARE

A small change in your lifestyle can make a big difference to your health.

Quarter 1 Newsletter

July 1, 2018 – September 30, 2018



To the Starting Line!

Get a fresh start on your health goals with the beginning of a new plan year! Find your “WHY” and be empowered through participation in the wellness programs.

Upcoming Events:

On-Site Biometric Screenings at over 20 locations! Check the “Bell” icon on your Home page for dates and locations.

Incentives for Quarter 4 (ended 6/30/18) will be distributed by 7/31/2018!



New Plan Year, New Features!

Go to connect.viverae.com or use the Viverae mobile App to access and complete Quarter 1 program components such as:

Understand YOU

- Health Assessment & Biometrics

Stay Active

- Quarter 1 Program Activities
 - **NEW Articles & Videos**
 - **Healthy Event** options have been expanded to include more holistic health options. Also a separate Form for dependent activity located under “Resources”).
 - **NEW register** each quarter for the **250K Step Movement**. Employees have the **250K Step Plus Movement** to keep the momentum going. For each additional 250K steps taken you can earn an additional \$25.00 (up to \$75.00 per quarter)! Let your continued healthy activity pay for itself!

Cash incentives, payments, and rewards paid to wellness program participants are taxable income. Please review with your tax consultant for more information.

Kick The Can Challenge

With the summer and warm weather, it’s easy to seek out sodas and other sugary drinks to cool off. Those sugary drinks can be very detrimental to your health and it can be difficult to get out of the habit of reaching for a cola when you need that energy boost or something cool.

This is a 4 week program designed to cut down on the number of sugary drinks you consume!

Sign-ups begin: 8/6/2018

Challenge Period: 8/13/18 to 9/9/18

Know YOUR Numbers

Establishing a connection with a Primary Care Provider (PCP) is one of the most beneficial relationships you can have. Take charge of your own health. [Click here](#) for a Physician Lab Form that your PCP office can complete and help give you insight towards your biometrics or start by attending your 1st On-Site Biometric screening. Sign-up by clicking on the “Bell” icon to find a location near you.



Visit www.schoolcare.org and click on the *Health & Wellness Tile*



For assistance or questions, please call 888-833-5829 Mon - Thurs from 8 a.m. to 8:30 p.m. (ET), and Friday from 8 a.m. to 7 p.m. (ET).