



Good For You!

Wellness programs by SCHOOLCARE

“Your goals are the road maps that guide you and show you what is possible” – Les Brown

Quarter 2 Newsletter

October 1, 2018 – December 31, 2018



It's all about your journey to well-being!

Keep focusing on your health goals and take action this quarter. Educate yourself on your personal health through participation in the wellness program.

Upcoming Events:

*Free On-Site
Biometric Screenings
Check the “Bell”
icon for dates and
locations.*

*SCHOOLCARE's 7th
Annual Wellness
Retreat will be held in
2019. Stay tuned!*

**Quarter 2
incentives will be
tallied by
1/31/2019!**



Health Coaches are your greatest advocate!

Did you know you have access to one-on-one coaching at NO COST? It's unlimited and they're dedicated to helping you set individual goals. Coaches will work around your schedule, help to keep you accountable and advocate for your health & well-being!

Contact your Health Coach today: just call 888-833-5829 or send a secure message through the Viverae website or mobile app.

Viverae's Health Coaches are certified in:

- Fitness
- Personal Training
- Nutrition
- Stress Management
- and more!

Let a Health Coach help empower you to set and reach your goals!

You will be able to complete health coaching for an incentive in quarters 2, 3, and 4. Earn \$25 each quarter by engaging with your coach!

Take Action



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

Start Smart Challenge



With the start of the school year schedules can get hectic. Don't let the morning rush make you miss the most important meal of the day! This quarter, participate in the Smart Start Challenge. This is a 4 week program designed to encourage eating a healthy breakfast every day.

Sign-ups begin: 11/5/2018

Challenge Period: 11/12/18 - 12/9/18

Viverae or SimplyWell?

Viverae is changing it's name to SimplyWell. You may start to see the name SimplyWell in the **Good For You!** Wellness Programs.

What to look out for:

Email communication will come from Wellness or Wellness Program (SimplyWell.com or Viverae.com). The Health Center will become the SimplyWell Health Center and phones will be answered as “Viverae, soon to be SimplyWell”.

Reminder: Register each Quarter to participate in the 250K Steps Movement. [Click here](#) for more information.

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).