



Good For You!

Wellness programs by SCHOOLCARE

Participating in the **Good For You!** wellness program is easy. It's never too late to start!

Quarter 3 Newsletter January 1, 2018 – March 31, 2018



We're halfway through the plan year!

How are your health goals progressing?

Programs available until 6/30/2018:

Health Assessment
Biometrics
Health Coaching
Preventive Care

Upcoming Events

FREE On-site
Biometric Screenings
Check the "Bell" icon on your Home page for dates and locations

Quarter 3 incentives will be tallied by 4/30/2018!




Preventive Care Compliance

According to the Center for Disease Control (CDC) 7 out of 10 deaths are preventable, so what can you do to be sure you and your loved ones are staying in good health?

A great place to start is the **Care** tab on your **Good For You!** account.

There you will find specific age and gender based service recommendations. You can use this page to keep track of your preventive services each plan year. Find out more [here](#).

Connect.Viverae.com

Looking for an easy way to get on to your account? Click on the **Good For You!** logo on the top right of www.schoolcare.org.  to be taken directly to connect.viverae.com (myviverae.com is no longer available.) A second option is the Viverae App on your smartphone or device.

250K Step Movement

Was a new Activity Tracker or Smart phone in your stocking this year? Be sure to sync your app or device to your account to track steps. Click [here](#) for more information.

Brain Teaser Challenge

Feeling stressed? You're not alone. SCHOOLCARE's Wellness Champions chose this quarter's challenge to help reduce and manage stress.

Be a part of something BIG and join thousands of other participants in decreasing daily stress. Encourage your peers by leaving great tips, inspiring messages or ask the group for suggestions using the NEW Community feature during the challenge.

This is a 4 week program designed to encourage participation in activities that stimulate the brain and are proven to decrease stress. Stay tuned for more info!

Sign-ups begin: 2/5/2018

Challenge Period: 2/12 to 3/11/2018

SchoolCare.org has undergone a makeover!

We have a redesigned website that is optimized for mobile use as well! Check out the **Good For You!** section by clicking on the *Health and Wellness* section. Also be sure to check out SCHOOLCARE on [Facebook](#).

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 **Good For You!** logo.



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).