



Good For You!

Wellness programs by SCHOOLCARE

“The greatest gift you can give to your family and the world is a healthy you.” – Joyce Meyer

Quarter 3 Newsletter

January 1, 2019 – March 31, 2019



Create healthy, winning habits!

Invest in a healthful winter and continue to *Take Action* this Quarter! Choose activities that best suit your personal health and wellness needs by participating in the wellness programs.

Upcoming Events:

Free On-Site Biometric Screenings

Check the “Bell” icon for dates and locations.

Quarter 3 incentives will be tallied by 4/30/2019!



Take a proactive approach towards a healthy you!

According to the Center for Disease Control, 7 out of 10 deaths are preventable. What can you do to be sure you and your loved ones stay healthy?

A great place to start is the **Well-being > Care** tab on your **Good For You!** account. **There you will find specific age and gender-based service recommendations.** Use this page to keep track of preventive services each plan year. Find out more [here](#).

Are you rewarding yourself?

You can self-report healthy behavior and life style choices to earn quarterly *Stay Active* incentives. Mental health is just as integral to well-being as physical health. Below are four categories with programs & activities to support total health! Click [here](#) to download the Form.

Physical Activity:

- Group Fitness Classes
- Athletic Events / Activities (running, biking, swimming, social sports clubs, etc.)
- One-on-One Personal Training
- Monthly Exercise (minimum of 12 workouts)

Personal / Professional Growth:

- Volunteering in the Community
- Prenatal Classes
- Career Development Activities
- CPR/AED Training

Stress Management:

- Financial Planning Seminars / Meetings
- EAP Seminars (on-site, on-line or telephonic)
- Retirement Planning Seminars / Meetings
- Outdoor Activities (hiking, skiing, camping)
- Mindfulness Activities (meditation, therapy, journaling)

Nutrition / Weight Management:

- Registered Dietitian / Nutrition Consults
- Weight Management Programs / Classes

Smile Saver Challenge

Did you know that oral health offers clues about overall health or that problems in your mouth can affect the rest of the body? Protect yourself by learning more about the connection between oral and overall health.

Poor dental habits have been linked to everything from heart disease to diabetes. So let’s get to brushing and flossing!

Sign-ups begin: 2/4/2019

Challenge Period: 2/11/19- 3/10/19

Need help getting started or have questions? Click [here](#).

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 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).