



Good For You!

Well-Being Program by SCHOOLCARE

“Make the most of yourself – for that is all there is of you.”

-Ralph Waldo Emerson

QUARTER 2: MAKE POSITIVE HEALTH AND WELLNESS CHANGES

October 1, 2024 - December 31, 2024



Coaching Expertise Can Help You Achieve Health Goals

Working with a telephonic health coach provides confidential, personalized guidance tailored to your individual goals. A coach can help you navigate obstacles, build accountability, and help you make progress toward or achieve your goals. [Coaching is available at no added cost](#) and you can earn up to \$350/year in **Good For You!** incentives.

Track Progress, Stay Motivated With Online Coaching

[Online health coaching](#) offers flexibility and accessibility, allowing participants to choose from a dozen programs based on their individual goals. Regular check-ins via the digital health assistant makes it easier to stay motivated and track progress over time. Earn a \$50 incentive for each completed program.

Schedule Your Routine Cancer Screenings

October is Breast Cancer Awareness Month. This is a good reminder that your mammogram and other important cancer screenings – including prostate cancer, cervical cancer and colon cancer – are not only available at no cost to you, but eligible for a \$50 **Good For You!** Well-Being Program [preventive care incentive](#) upon completion. Talk to your provider to determine which screenings are appropriate for you this year and get your screening scheduled.



Get Ahead of Fall/Winter Illness With Updated Vaccines

Respiratory virus season is approaching. Protect yourself and your family from illness. If you haven't received updated flu or COVID vaccines yet, schedule one today with a local pharmacy or your provider. Each is available at no cost when you present your Cigna ID. You can also earn a \$50 incentive for your flu shot.

Get started with **Good For You!**

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.

Is your health assessment up-to-date?

Login to mycigna.com and click on “Health Assessment” under the “Wellness” menu or in the mobile app tap the “Health Assessment” button on the home screen. Your assessment is current **if the completion date is on or after 6/1/2024.**

Quarter 1 incentives will be issued at the end of October

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.