

Quarter 3 Wellness Opportunities At myCigna

Chris Glenn, Group Relations Specialist

1. Hello & Happy New Year! This is Chris Glenn, one of the SCHOOLCARE Group Relations Specialists. Welcome to the ***Good For You!*** wellness programs by SCHOOLCARE. We are now in Quarter 3 which runs January 1st through March 31st. The SCHOOLCARE ***Good For You!*** wellness programs focus on the plan subscribers and they're covered spouses. This video will review the highlights of the program and the motivation for participants in Quarter 3.
2. Before we dive in, here is a brief reminder that SCHOOLCARE has a welcome video available to watch at our website. The video reviews the program in its entirety, reviewing the available programs throughout the year and how someone can earn their full incentive amount. The video is available at schoolcare.org under the Health and Wellness tile. We recommend viewing this first to get a better understanding of how the program works.
3. Now for Quarter 3 Opportunities. The new opportunity this quarter is Preventive Care. There are numerous incentives subscribers, and their spouses can earn as well within this quarter such as; Biometrics, Health Coaching both online and telephonic, Omada - a lifestyle change program, Healthy Events, and Apps & Activities. You can access all these programs at myCigna.com under the wellness tab.

You'll also be receiving an email containing a link to the ***Good For You!*** Quarter 3 newsletter which is full of information. This quarter the focus is Commit to small changes. Ways to do this are through completing physician recommended preventive care exams and routine labwork as well as increasing physical activity. Beginning this quarter Preventive Care will be included in the Quarter 3 incentives paid, up to \$225. I'll show you the details on how to earn these incentives shortly.

4. As a reminder, or for anyone just beginning to participate in ***Good For You!***, the wellness programs are housed at myCigna either online or through the mobile app. Here we see the online homepage, mycigna.com. Simply click on View my Incentives, shown in the red oval, to begin.
5. The Incentive Awards page provides you with two features, an overview and goals section as shown near the top left of this slide, your incentives earned to date on the right as well as all activities completed below. Let's click on goals to start.
6. In this example the participant has completed her Health Assessment. Note that each person must create their own login and complete a confidential Health Assessment to earn awards for the other ***Good For You!*** wellness program goals.

Click next for animation to Step 2

Step 2 is completing your biometrics, which is worth a \$150 incentive. If you haven't yet completed biometrics, they can be obtained through a Physician Lab Form found on your myCigna.com. Under Related Links on the right of the slide you will see links for both downloading the Physician Lab Form and Submitting your completed Form.

7. Here is a representation of the Physician Lab Form that can be downloaded and provided to your physician's office to complete. Once completed, you can upload using the link we discussed on the previous slide and you will see this blue upload screen to submit. There is also a wonderful option for Cigna medical participant to minimize the administrative paperwork for both you and your physician's office. Just request that your physician order your annual bloodwork through a Quest or LabCorp facility. Once you have completed the lab work, a claim will be submitted to Cigna and within 4-6 weeks Cigna will mark the Biometric goal as completed and award the incentive.
8. As mentioned earlier a focus for Quarter 3 is Preventive Care. You can earn up to \$225 each plan year for completing preventive services. Depending on your age and gender your recommended services may vary but the list includes, an annual physical, mammogram, OB/GYN exam, flu shot, colon cancer, cervical and prostate screenings. Preventive care exams are awarded through the claims processed by Cigna for these services beginning July 1, 2020 through June 30, 2021. Preventive Care goals will be available on your account by January 8th and any claims processed back to July 1, 2020 will begin showing as completed. When a preventive care claim is processed a \$75 incentive will be awarded within 4-6 weeks. These incentive awards will be part of your Quarter 3 payout issued at the end of April 2021. Please note, those on SCHOOLCARE 65⁺ plans, must self-report their Preventive Care goals completed.
9. We are also promoting increasing and/or tracking your physical activity this quarter. The first way is through Healthy Events, which is a self-reported activity. Simply click on the report my goal activity and record the date of completion for activities such as working out 12 times per month either on your own or at a gym, participating in an athletic event such as a 5K. These aren't just for physical activity either, they focus on overall health and well-being with areas to focus on such as stress, weight or financial management. You report up to 3 per quarter each \$25.
10. The schoolcare.org website has an abundance of resources to further assist with navigating the **Good For You!** wellness programs. Just click on the Health And Wellness tile on the homepage. Scroll down to "Need Help?" and you'll find the Frequently Asked Questions page. Also located on the wellness page are the Three (3) Pillars of Wellness. If you click on "Understand You: Awareness", you will find information about some of the goals we discussed today - the Health Assessment, Biometrics and Preventive Care. Explore "Stay Active: Physical Activity" and watch previously recorded tutorials for the Apps & Activities goals and so much more.

We want to wish you a happy New Year and hope that this information is helpful on your continued path to well-being. If you need any assistance registering for an account, please call Cigna technical assistance at 1-800-853-2713. For all other questions, please contact SCHOOLCARE's wellness partner, Cigna at 1-800-244-6224..

Thank you and have a great day!