

Get Started With Your *Good For You!* Wellness Programs

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Hello, this video is provided as an introduction to the Good For You! wellness programs by SCHOOLCARE.

Have you heard? The ***Good For You!*** program has moved to the myCigna platform as of July 2019. This video will provide information for you to register at myCigna.com and begin participating in the ***Good For You!*** wellness programs.

The first place to go is to log in at www.myCigna.com. This screen shows it a depiction of the customer login. You will use the same username and password that you might have already set up when you take your annual health assessment or look up your claims information.

If you are new to my Cigna.com, simply click the register button. Once logged in you'll be on the myCigna homepage. Click on Wellness which is to the farthest right and underneath that circled in red you'll see *Incentive Awards* you'll then want to click on that link. The Incentive Awards page is then loaded.

In this view you're currently seeing an overview of someone who has a two-person plan and is on the yellow plan with choice fund which nearly 80% of our participants are enrolled in.

In this case the employee has already completed their health assessment and received the \$2,000 towards their choice fund HRA but you also see that there is a potential employers award of \$1,200 this would be the same \$800 for the employee and \$400 for their covered spouse to participate in the ***Good For You!*** wellness program.

To see the details of the program you would then click on goals which is shown in the red circle. You will then be brought to a detailed page with the steps to begin participating in the ***Good For You!*** program.

The first step is to complete a confidential health assessment. In this case the employee has already completed their health assessment as indicated on the previous screen. They are now ready to participate in the wellness program.

The second step where you can earn up to the \$800 includes a biometric screening and a whole host of other activities. Those will be covered in a future video. From here we're going to navigate to the

spouses view. We are now on the spouse view. You will see that the spouse also needs to complete his or her separate confidential health assessment to begin participating in the program. Once this is completed then the spouse can earn up to \$400.

It's very simple to get started. This is just an introductory webinar; we have a host of other resources that

include the wellness incentive summary shown using the link here on the screen at the SCHOOLCARE WEBSITE, our July 1, 2019 newsletter also on the SCHOOLCARE website, and one of the most frequently utilized activities in the **Good For You!** wellness program, that apps and activities how-to guide. This will enable you to do things like set up your device or an app so that you can track your physical activity like steps also sleep activity and earn incentives for these types of activities.

Please look for more information coming in the next couple weeks from SCHOOLCARE with details on how to participate in all facets of the program.

In the meantime, if you need assistance with registering of an account please call 1-800-853-2713 that's for technical assistance at myCigna.com to either login or register for an account.

Of course, for all other questions please call our new SCHOOLCARE wellness partner Cigna at their main number 1-800-244 -6224 and check out the SCHOOLCARE website by clicking on the Health and Wellness tile for a wealth of resources that is being updated daily. Thank you and we look forward to your participation.