

Quarter 1 Wellness Opportunities At myCigna

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Slide 1:

Hello, and welcome to a brief review of our Quarter 1 newsletter about our **Good For You!** programs with SCHOOLCARE. It's the beginning of a brand-new plan year and the wellness program will be located at myCigna, just like it was last year.

In this video, I will review some of the wellness opportunities available beginning quarter 1, which goes from July 1st through September 30th, 2020, to aid you on your path towards well-being.

We have created a Quarter 1 newsletter to explain the activities available in this first Quarter of the new plan year. You will be interested to know that the SCHOOLCARE incentives for participating remain unchanged, as subscribers or employees can still earn up to \$800 each plan year, while covered spouses and our SCHOOLCARE 65+ retirees can earn up to \$400 each plan year. The incentives earned, are paid out on a quarterly basis, within 30 days following the end of each quarter.

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As our new plan year begins, we'd like to support you in getting reacquainted, or possibly acquainted for the first time with our **Good For You!** Programs. Before you listen to this webinar, I want to bring your attention to our other important video, our Welcome video. It may be helpful to view this Welcome video before viewing this Quarter 1 video. The Welcome video will provide greater details about the components of our program and give you more concrete details about how to navigate the **Good For You!** site. This Welcome video can be found by clicking on the Health and Wellness tile at schoolcare.org

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As we look at the Quarter 1 Newsletter noted here, you'll see that our wellness opportunities are categorized under our three pillars. Many of these are the same as you've seen from prior years. You'll find options, such as your Health Assessment, Biometrics, the Omada Lifestyle Change Program, and Apps and Activities. If you are wondering about your Preventive Care incentives, note that you will still earn your incentives for Preventive screenings as always. These incentives will be paid out after Quarter 3 and will become visible within our program beginning Quarter 3 on January 1st. However, go ahead and begin getting your preventive screenings done today and you will earn credit for these screenings that are done beginning July 1, 2020.

I will now go into a little detail about each of these items next, but please also visit our SCHOOLCARE website to read the Quarter 1 Newsletter in order to learn even more about available activities.

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Please begin by going to myCigna.com. Once you log into the website, you will be in **myCigna** and your individual account information will be recognized. Here you can find all your coverage information, such as available Providers, Claims information, and Spending Account balances, but for this webinar, we want to focus on the Wellness tab. Linger over the “Wellness” tab and then click on “Incentive Awards” in order to navigate to your **Good For You!** Page.

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On this Wellness page, you will see your “Overview” information first. Here you can see your Maximum Incentive amounts, or “Employer’s Award” on the left. Then, noted on the right, you can see your earned amount of incentives circled in red. This person has earned \$25 so far. (You can also see this person is on the Yellow CF plan and they have earned their \$1000 Choice Fund, or HRA). “My Recent Activity” notes the activities completed, along with the amount of incentive earned and the date the activity was completed. In order to view the full list of activities for earning your **Good For You!** Incentives, please click on “Goals” next to “Overview.”

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Before I go into the Goals available, we are sometimes asked why the Health Assessment is the mandatory first step in earning **our Good For You!** Incentives. I’d like to explain this philosophy first.

We firmly believe that it is an important first step in learning about your current health status. The Health Assessment asks us many questions about our behaviors and helps us to highlight areas we could make improvements upon. This information then helps us to determine the areas we could focus on when creating goals that will help us to improve our wellness. If we know our latest biometric numbers, then we can enter them here and allow us to track progress over last year and whether we’re seeing measurable improvements. As noted here as well, once our Health Assessment is complete, then we will be able to receive our earned incentives. We feel that this health assessment allows us to take a good look at our current healthy patterns and therefore allows us to better understand ourselves.

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Now, I'll go back to our "Goals" page. This "Goals" page begins with "Step 1," which is the Health Assessment, as I was just alluding to. This red circle here in the middle notes when the health assessment is complete and the date it was completed on. Please note that the green checkmark shows up about 24 hours after you complete your health assessment so don't be concerned if it is not immediate. The extra note here in blue, about the HRA deposit, refers to the Choice Fund deposit. If you are on our Yellow CF plan, then you ought to see similar language. If you are not on the Yellow CF plan, then you will not have this HRA language referenced here. Remember that it is crucial for participants to complete this Step 1 Health Assessment in order to receive any earned incentives. You will be allowed to complete any activities outlined here in Step 2 below, but you will not receive any checks in the mail until this important first step is completed.

You can see the first activity noted here under Step 2 is Biometrics. We understand that our onsite Biometric screenings are very popular with many of our participants. However, due to the present Covid-19 Pandemic, we will not be scheduling any on-site Biometric events until at least after January 2021. In lieu of this change, please note the Physician Lab Form here within this option, which can be taken to your doctor visit for your annual physical. The red circle on the right-hand side shows you another option for downloading the Physician Lab form and notes an option available for submitting this completed form electronically. Participants on our **65+ programs** can use this physician lab form to get your biometric credit and remember that you can leave the Cigna ID number blank. And if you are a **Cigna** medical plan subscriber, you have the option of having your physician order your labs through Quest Labs or LabCorp, where you can make an appointment, and they will submit your results directly to Cigna for Biometric credit here. Completing your Biometrics earns you \$150 in incentives through our **Good For You!** Program. You have a few options available here to earn this credit, so chose whichever option works best for you.

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This slide shows you what the Physician Lab form looks like. We referenced the Physician Lab form on the previous slide noted on the right side of the page near your Biometrics activity. Print this form out and bring this form along to your doctor's appointment for them to fill out with your biometric information. Follow the directions carefully on this form. You, as the patient, fill out the top section and sign it. Then, the physician or other healthcare provider fills out the bottom section and signs it. The directions for submitting the form are noted on the top right of the form. You can snail mail it in, Fax it, or electronically submit it as noted on the previous slide. If you chose to submit it electronically, then scan and save the form to your computer as a PDF or JPEG. Upload that form from your computer and click the submit button. Please note that you should check back in about 72 hours to confirm the status of your form, but also note that it can take up to 5 business days for processing this incentive.

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Also available right away in Quarter 1 is access to the Omada Lifestyle Change Program. There is a link within this program option to see if you are eligible to get started in this program. If you are eligible, then you can enroll in the program, and Omada will send you an electronic scale that you will use to guide your weight loss journey. Omada will support you with multiple healthy tips and support from a Health Coach and peers who are also trying to meet similar weight loss goals. If you complete 16 lessons of the program within a 26-week period, then you can earn a \$100 incentive. AND If you can reduce your weight by 5% then you can earn a \$250 incentive. This is a very beneficial program that we regularly hear positive feedback about, so please check it out if you like and I hope you enjoy success with the program as so many others have as well.

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Another option for earning incentives this first quarter is through Apps & Activities. You can access Apps & Activities by clicking on "Start now!" or by going directly to Apps & Activities when lingering over the Wellness tab after logging into myCigna. Once you get to the Apps & Activities page, you will see that there are several activities you can explore and create. Most are for self-report, while a few are available to sync up with a fitness device. For now, I recommend you chose one or two activities, and make sure that you update your activity on a weekly basis. Find activities that suit your health and fitness goals, and upon completion of the activity, you can earn \$50 for each one, up to a total of \$400 for the plan year. Read the details for earning the activity rewards on the Apps & Activities page, and again – be sure to update your progress each week before Sunday evening.

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We want you to succeed and enjoy your **Good For You!** Experience. We understand that there are a lot of options available to you here, and that you each may choose a different path to try and improve your health and wellness. To support your success, we've created multiple resources in order to assist you. Please visit our SchoolCare.org website and click on the Health & Wellness tile. Here, you will find our Quarter 1 Newsletter, our Healthy Event flyer, our Apps & Activities How to Guide, the Physician Lab Form, and information about the Omada program. Please explore this information at your convenience and use it to guide you throughout the program year. We want to support you in increasing your level of health and wellness, and if our financial incentives help you to meet your goals, then that's even better.

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Thank you for taking some time to join me today to learn more about our **Good For You!** Wellness programs. I hope you find this information helpful and that you are now all set to navigate the site and begin improving your health and earning your incentives. If you have further questions or need more support, please begin by contacting Cigna directly at 1-800-244-6224. Thank you so much and have a wonderful day