

Quarter 1 Wellness Opportunities At myCigna

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Hello, and welcome to the **Good For You!** wellness programs by a SCHOOLCARE. It's the beginning of a brand-new plan year and the wellness program has moved to the myCigna technology platform. In this

video we'd like to review some of the wellness opportunities beginning with quarter 1 July 1 through September 30th, 2019 to aid you on your journey or path towards well-being.

But before we get started, SCHOOLCARE 's wellness programs have been around for nearly two decades and our philosophy has not changed even though over that period the platform and the opportunities for wellness activities have changed significantly.

We've remained steady to our philosophy to focus on the subscriber and the spouse as well as our three pillars of wellness, understand you, take action, and stay active. They are here to help empower you to make healthy lifestyle choices, take small steps towards changing behaviors, and advocate for yourself and the well-being of others. In addition, the SCHOOLCARE incentives for participating remain unchanged subscribers or employees can still earn up to \$800. Each plan year while covered spouses and our SCHOOLCARE 65+ retirees can each earn up to \$400 annually. Those incentives earned are paid out on a quarterly basis within 30 days following the end of the quarter.

As we look at the 2019-2020 incentive summary, you'll see that number of the wellness opportunities are categorized under our three pillars. Many of those are the same as you've seen from prior years. Such things as health assessments, biometrics, health coaching preventive care, and self-reported healthy events.

Some new items this year particularly under the take action category the Omada program which is intended to help you lose 5% of your body weight thereby reducing your risk for diabetes in the future. In addition, we now have case management where you can coordinate care with a case manager and make progress towards a goal.

The other program which has a different name and certainly will look different but is intended to replace things like your 250K steps challenge, your peer challenges, and your group challenges, are the apps and activities where you can earn up to \$400 per year. And if you aren't already aware SCHOOLCARE does release a newsletter at the beginning of each quarter with some highlights to try to walk you along a path towards well-being through the year. Our quarter 1 newsletter encourages you to take the first steps towards understanding you by completing a

confidential health assessment at myCigna. Secondly encouraging you to complete your annual biometrics through either a physician lab form, an on-site screening, or a special opportunity for Cigna medical participants is to have their physician ordered lab work completed at a quest or LabCorp facility.

This will automatically feed into this incentive and no physician lab form would be required. In addition, you'll notice our newsletter has items like how to sign up for a biometric screening as well as encouraging you to explore ways to stay active through the new apps and activities as well as self-reported healthy events.

But now let's pivot to the myCigna portal and delve into some of the details a little bit more.

This is

the home page of myCigna. Once you've logged in with your username and password, you're always going to want to access your wellness programs on the Wellness tab at the top and then a drop-down screen shows where you would select incentive Awards and click on that. In this view you're now brought to the incentive award's overview screen where you can see your maximum incentive opportunities as well as where you are in earning those rewards during the year.

In this case we have an individual employee who is enrolled on the yellow plan with choice fund. We have over 75% of our membership enrolled in this plan so it is representative of our membership. This employee can complete their health assessment to earn \$1000 in their HRA or choice fund as well as \$800 in cash incentives. Here labeled as employers award really think of that as SCHOOLCARE'S award.

Off to the right my awards earned for this employee she has already completed her health assessment and had \$1,000 deposited into her HRA and already earned \$25 and is on her way towards earning \$800 of her maximum annual incentive. So, let's now pivot to an even more detailed view which is goals and to get there you would click on the goals tab right next to overview about 1/3 of the way down this screen.

You've now arrived on the incentive awards page but a more detailed page which is the goals page. Here you can see that this individual as I indicated previously completed their health assessment and has the \$1000 in their HRA please note that everyone is required to complete a confidential health assessment in order to open their incentive earnings.

So, although you may complete biometrics or other activities you would not be eligible for incentive payments unless you have also completed your confidential health assessment. Those who are not enrolled on the yellow plan with choice fund do not receive \$1,000 in their HRA as that plan does not include that feature, but you still must complete the health assessment.

As we look to step 2 in navigating through your wellness opportunities, we see that there is biometrics where you as I mentioned before can complete a physician lab form or attend a

SCHOOLCARE on-site screening. Maybe you've already seen your physician or intend to over the next few weeks or months, you could download the wellness screening form using the link in the box here and bring that to your physician's office for their completion.

If they return the form to you, you have several ways to return it. You can certainly return it by a fax or mail or if you prefer electronic means I'm going to point you to the right-hand side of the screen where there are three blue banners. The first is need help, the second is related links, immediately under related links is the ability to click submit completed forms electronically. So, you would click here and once you click here you would go to the next screen and the screen looks just like what you're now seeing in front of you.

You would upload the file it does need to be a file in the form of a PDF or JPEG. JPEG our picture files.

Upload that form from your computer and click the submit button. Please note that you should check back in 72 hours to confirm the status of your form but also note that it can take up to 5 business days for processing your incentive.

Another opportunity on your journey this quarter is to complete healthy events. Healthy events are fitness activities courses or seminars that you complete to show your commitment to live a healthy lifestyle.

In this example the individual has already completed one of her healthy events.

So how would you do this if you were on your portal? Well right in the box at the top you see a blue link that says report my goal activity. You would click that you would now see a pop-up that says self-report completion of goals and you would enter the date of your activity that you completed and certify that it is true to the best of your knowledge.

What's important to note is that you can report three healthy events each quarter the events cannot be recorded in advance of completion and must have a date within the quarter. When a quarter ends you do not have the ability to go back into that quarter and report after it has closed out so if you have an activity that you complete on September 30th be sure to go in on that same day and enter it because unfortunately on October 1st that will no longer be available.

You may ask what's a healthy event? Well here are an example of several physical activities, personal and professional growth activities, stress management opportunities, and nutrition and weight management activities that can be completed and are considered a healthy event.

And lastly, we encourage you to begin using the apps and activities where you can create peer challenges, link a device, and have individual goals. We will have a video especially dedicated to using the apps

and activities function, but for right now we encourage you to click start now, review the how-to guide for apps and activities, and begin on your journey to participate in a wide variety of opportunities to challenge yourself and others.

We'd like to leave you with 3 additional resources this quarter. One is our biometric screening events flyer found on our website as well as the apps and activities how-to guide that I just mentioned moments ago and more information about that Omada Cigna disease prevention program where you can lose 5% of your body weight to earn a \$250 incentive through SCHOOLCARE. If this is something you're interested in please use the link here to see if you are eligible to participate.

We certainly thank you for your interest and your participation. We know that along the way there may be questions should you need assistance with registering for an account or logging in please call Cigna at

1-800- 853-2713 for all other questions whether be about your coverage your benefits or details about the Wellness Program please call Cigna's main number at 1-800-244- 6244 and of course we at SCHOOLCARE are here to support you we have a host of resources available on our website www.schoolcare.org

Thank you again and we certainly look forward to your participation.