

### Slide 1:

Hello and Welcome to the July 1, 2020 through June 30, 2021 plan year, ***Good For You!*** wellness programs by SCHOOLCARE. We hope you will find this video helpful in discovering all of the programs offered to you and how to participate. Please note, below this video there is a transcript should you find it helpful to go to the program component at any time that you would like to know more about. I'm excited to share our complete program with you, so let's begin.

### Slide 2:

The philosophy of the programs is to focus on the plan subscribers and their covered spouses in hopes that healthy habits are created and passed down to the next generation. Subscribers can earn up to \$800 per plan year. Spouses and 65+ Retirees can earn up to \$400 per plan year.

We see the programs as being part of three pillars of good health. First is Understand You. Building awareness of your own health and wellness. Second is Take Action, determine health and wellness goals that will help you on your path to well-being. The third is Stay Active, incorporating physical activity into your daily lifestyle.

### Slide 3: Incentive Summary

The ***Good For You!*** program incentive summary is outlined by these pillars. The programs are designed to meet you where you are on your path to well-being, and encompass holistic programs for physical, mental and your overall health. You can find this document on the Health and Wellness tile on the home page. Incentives are earned by first completing the confidential health assessment. Incentives are issued by the end of the month following the close of a quarter. Every three months is a new quarter and each quarter you will find a video on our website located next to this one highlighting programs for the specific quarter we are in. Another tool to help guide you on your path to well-being. Our goal is to offer something for everyone and know there is great value in taking small steps towards progress

### Slide 4: MyCigna

For anyone just starting to participate in the program or looking to reengage, the ***Good For You!*** wellness programs are housed on the myCigna website or the myCigna mobile app. Start by registering or logging back into your account. For this video we are using the myCigna website.

### Slide 5: Navigating the Website

Once logged in simply click on Wellness in the top menu bar, then Incentive Awards to begin.

### **Slide 6: Incentive Awards**

On this 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 \$250 so far. (You can also see this person is on a family Yellow CF plan and they have earned their \$2000 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.”

### **Slide 7: Health Assessment**

As you just saw the participant has a family medical plan. She has the ability as the subscriber to click on her spouse to see what programs he has completed as he is eligible for up to \$400 each plan year. Below the names is Step 1, which is to complete the annual confidential health assessment to be eligible for the cash incentives. You can simply click “Complete my health assessment” to complete the step. 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 access the *Good For You!* wellness program and receive the incentives.

### **Slide 8: Spouses Account**

Here you will see an example of the view of her spouses account.

### **Slide 9: Biometrics**

Now that you’ve seen myCigna and how to complete the annual health assessment let’s begin to jump into all the programs you can earn cash incentives for.

You can earn \$150 for obtaining your biometrics. Currently, Biometrics can be obtained for all participants through a Physician Lab Form found on your myCigna homepage or for those on Cigna medical when your Dr. orders your annual bloodwork through a Quest or LabCorp Facility.

### **Slide 9: Healthy Events**

We recognize the work put into focusing on your overall health and well-being. Healthy Events allow you to self-report programs that fit your needs, whether its stress, weight or financial management or completing physical activity. You can simply click “Report my activity” up to 3 per quarter and earn \$25 each time. A possibility of \$300 per plan year using this one program.

### **Slide 10: Apps & Activities**

Another way to engage in physical activity is through Apps & Activities. The system allows you to track and record your fitness goals or set-up group challenges. You can do so on the myCigna website by clicking on Apps & Activities under the Wellness tab or download the Cigna Apps & Activities app on your mobile device. Earn \$50 each time you earn 20 stars, a potential of \$400 using this program.

### **Slide 11: Apps & Activities continued**

You can either connect an app or device, or simply manually enter your data. We've created some tutorials to help you in setting that up which you can find under Stay Active on the Health & Wellness page on our schoolcare.org website.

### **Slide 12: Omada**

Omada is a diabetes prevention program consisting of weight loss goals through healthy eating, exercise, and an online program. Simply click "See if you're eligible to get started" to see if you qualify. Should you qualify and enroll, new as of July 1, 2020 you can earn \$100 for completing 16 weeks of the program and an additional \$250 if you lose 5% of your body weight.

### **Slide 13: Case Management**

Case Management is a program designed as a resource in which Cigna reaches out to participants who may need additional support with a chronic condition. Case managers are a valued resource to help guide you to coordinate care and treatment and set goals and support you on making progress.

### **Slide 14: Health Coaching (Telephonic)**

Adding to the programs available throughout the plan year is an added component which becomes available October 1 (Quarter 2) each plan year. This is Health Coaching, both telephonic as seen here and online which I will show you in just a moment. For those who would like assistance setting and achieving goals whether its physical activity, weight loss, help lowering cholesterol or blood pressure trained health coaches are only a call away. Along your journey with a coach you can be rewarded from \$25 to \$100, up to \$350. Simply call 800-244-6224 to schedule a call.

### **Slide 15: Health Coaching (Online)**

Build healthy habits in a minimum of 4 weeks by signing up for online health coaching, simply click "Let's get moving!". There are 12 programs to choose from and they are worth \$50 each. The variety of programs is intended as we know not every program meets each participant current well-being path.

### **Slide 16: Preventive Care**

The next program component becomes available January 1 (Quarter 3) each plan year. Depending on your age and gender your physician may recommended various preventive services. Through the ***Good For You!*** wellness programs an annual physical, mammogram, OB/GYN exam, flu shot, colon cancer screening, cervical screening and prostate screening, can earn you a \$75 incentive. Preventive care exams are awarded through the preventive claim incurred for these services beginning July 1, 2020 through the end of June 2021. The incentives will show as early as January 1, 2021.

Please note, those on SCHOOLCARE 65+ plans, must self-report their preventive care.

### **Slide 17: Resources:**

Thank you for your interest in the SCHOOLCARE ***Good For You!*** wellness programs. We hope to have you participate and benefit from the programs available to you. Please know you can find additional resources on the schoolcare.org website clicking on the Health And Wellness tile on the homepage. You'll find additional information including the wellness Frequently Asked Questions and details for using Apps and Activities, as well as many other resources!

### **Slide 18: Contact Information**

If you need any assistance registering for an account, navigating the website Cigna is there to help you 24 hours a day 7 days a week. Please call 800- 244-6224. As always your SchoolCare team is here to help as well.

### **Slide 19:**

Thank you and be well!