



Focus on Total Health

SCHOOLCARE's **Good For You!** Well-Being Program is built around six basics of healthy living. Through these components you can connect to holistic wellness and HAVE FUN with your colleagues and family all while earning CASH! Access all program opportunities at myCigna.com.



SCHOOLCARE's Philosophy

This program focuses on the subscriber and spouse. It's designed to help educate adults on their health and well-being in hopes that habits would be passed on to their dependents.

What Does Well-Being Mean to You?

Choose activities that best fit your personal wellness goals. SCHOOLCARE's program can help EMPOWER you to make healthy choices through the basics of healthy living: **food, exercise, stress, weight, sleep, and prevention**. Take small steps toward changing behaviors, and ADVOCATE for yourself and the well-being of others.

SCHOOLCARE's Commitment

Good For You! is our commitment to your health and well-being. SCHOOLCARE is partnered with Cigna to provide best practice, evidence-based, achievable and engaging well-being programs.

SCHOOLCARE medical plan participants can annually earn up to:

Subscribers = \$800
Covered Spouses & 65+ Retirees = \$400

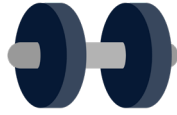
Incentives earned are paid on a quarterly basis.





Build YOUR Path to Well-Being

The SCHOOLCARE **Good For You!** Well-Being Program offers incentives to fit all your health goals. Incentives are available beginning July 1st except as indicated below.



Health Assessment - Required

To receive the cash incentives below, the confidential Cigna Health Assessment must be completed annually. Upon completion all incentives earned will become available.

Biometrics - \$150*

Use a Quest or LabCorp facility with a doctor's orders, self-register at a Quest Patient Service Center, or complete a Physician Lab Form.

Case Management - up to \$350*

Work with a Cigna Case Manager to coordinate care (\$100) and/or make progress toward a goal (\$250).

Omada - up to \$350*

Complete 16 weeks of the program (\$100) and/or meet your weight loss goal of 5% (\$250). **Available to those on SCHOOLCARE/Cigna medical plans.**

Self-Reported Healthy Events - up to \$300

Report up to three healthy activities per quarter that benefit your total well-being (\$25 ea). **Incentive available beginning July 1st, October 1st, January 1st, and April 1st.**

Self-Reported Mental Well-Being - Up to \$75

NEW! Self-report utilization of Employee Assistance Program resources, up to three activities per year (\$25 ea).

Apps & Activities - up to \$400

Earn \$50 for each challenge/goal you complete with or without a device/app.

Healthy Pregnancy, Healthy Babies up to \$250*

Enroll in first trimester and complete program to earn \$250; enroll in second trimester to earn \$125.

Online Health Coaching - up to \$250

Earn \$50 for each online program completed. **Incentive available beginning in October 1st.**

Telephonic Health Coaching - up to \$350*

Engage with a health professional for support in making progress toward overcoming chronic conditions (\$100) and making progress toward (\$25) and achieving (\$50) health goals. **Incentive available beginning October 1st.**

Preventive Care - up to \$350

Earn \$75 each for physician-recommended annual age and gender-specific preventive services. **NEW!** Self-report your annual preventive dental and vision exams (\$25 ea). **Incentive available beginning February 1st.**

Start earning SCHOOLCARE **Good For You! incentives today using [myCigna](https://myCigna.com).**

For easy-to-follow program instructions, videos, and more visit schoolcare.org

* 65+ plan participants should refer to myCigna: This goal or some components are not available for incentive.