



SCHOOLCARE

HEALTH BENEFIT PLANS

Open Enrollment 2022

Open Enrollment is the one time of the year you can enroll or make changes to your health benefits. Please review the information and resources included in this flyer to help you make informed decisions!

Are you on the Yellow Plan with Choice Fund?

The Choice Fund is an embedded Health Reimbursement Account (HRA).

- \$1,000 single
- \$2,000 for two-person/family

It covers the first portion of services that apply to the deductible. **You must activate your Choice Fund annually!***

If you are **currently enrolled** with SCHOOLCARE/Cigna, take your assessment at myCigna.com between June 1-July 31, 2022.

If you are **NEW** to SCHOOLCARE/Cigna effective July 1, 2022, take the assessment at myCigna.com between July 1-August 31, 2022.

**The Subscriber must complete the Health Assessment to activate the HRA.*



Focus on Your Total Health!

Subscriber can earn up to **\$800**
Covered Spouse can earn up to **\$400**



- Biometrics** \$150
- Preventive Care** up to \$300
- Case Management** up to \$350
- Omada** up to \$350
- Healthy Events** up to \$300
- Apps & Activities** up to \$400
- Healthy Pregnancy, Healthy Babies** up to \$250



Access all program opportunities at myCigna.com

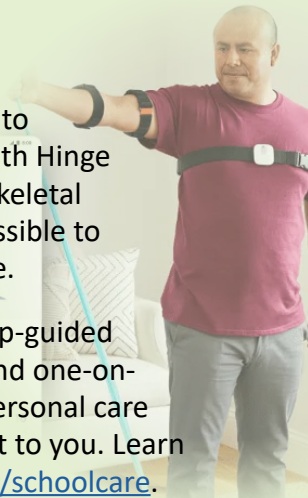
NOTE: Cash incentives, payments, and rewards are available upon completion of the Health Assessment annually. Amounts paid to well-being program participants are taxable income. Please review with your tax consultant for more information.

WHAT'S NEW?

Hinge Health

SCHOOLCARE/Cigna participants can get back to the activities they love with Hinge Health's virtual musculoskeletal solution that makes it possible to reduce joint pain at home.

Hinge Health provides app-guided digital physical therapy and one-on-one support from your personal care team, all at no added cost to you. Learn more at hingehealth.com/schoolcare.



New ID Cards

New medical ID cards will be issued for all SCHOOLCARE participants as of July 1, 2022.



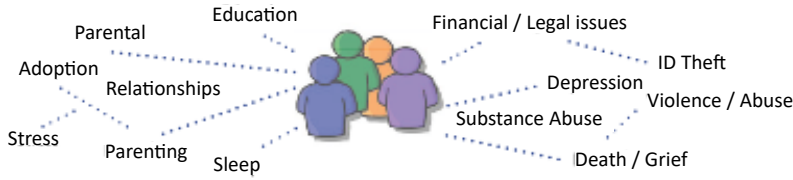
No Surprise Medical Bills

Federal law now provides special rights and protections against surprise bills and balance billing. Effective January 1, 2022, this law provides protection from unexpected bills from out-of-network providers seen during an emergency or as part of a visit at an in-network hospital or ambulatory surgical center.

Read more at schoolcare.org/resources-documents.

Employee Assistance Program (EAP)

The EAP is a free, confidential service for covered employees and their household members to help manage work/life challenges and improve well-being.



Access EAP assistance 24/7
call 877-622-4327 or visit myCigna.com

Employer ID: SCHOOLCARE

Live/on-demand seminars are also available at myCigna.

Flexible Spending Account (FSA)

Pay for out-of-pocket health care expenses with pretax funds!

- Can be used by a covered spouse or dependent
- Funds are available on the 1st day of the plan year

Ask your employer if an FSA is available.



Save \$30 in taxes for every \$100 set aside in an FSA

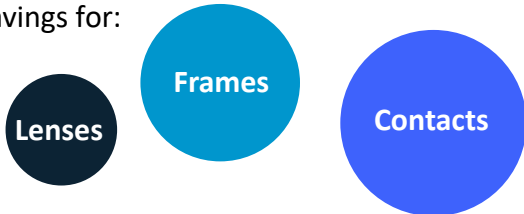
Eligible expenses include medical, dental, vision and OTC medications/supplies

Vision



A hardware/lenses plan using VSP's Choice Network plus Walmart, Visionworks, and Pearle Vision.

If offered by your employer, this plan provides great cost savings for:



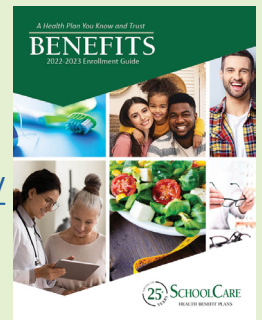
NEXT STEPS:

- Consider any changes such as plan or covered dependents.
- Complete the SCHOOLCARE Enrollment/Change Form and return it to your employer by May 27, 2022.
- Consider enrolling in your employer sponsored Flexible Spending Account (FSA), if available.
- Set a reminder to complete your Health Assessment at myCigna.com.

Learn More About YOUR Benefits

SCHOOLCARE

- Review the recorded Open Enrollment Webinar
- Choose your Employer from the drop-down list at schoolcare.org/resources-materials to access:
 - Enrollment Guide
 - Benefit Summaries
 - Enrollment/Change Form
 - Health Plan Webinars



Cigna

Use myCigna.com or the mobile app to:

- Compare costs of procedures and services
- Find an in-network physician, dentist or facility
- View medical, prescription and dental claims
- Order or print a new ID card
- Access the **Good For You!** Well-Being Program



Stay Current on Your Benefits



@nhschoolcare



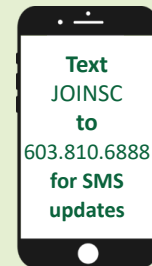
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schoolcare.org



Receive up to 2 texts per month about your health benefits.

SCHOOLCARE

8:30 a.m. to 4:30 p.m. M-F
603-836-5031

Eligibility & Enrollment, Coverage & Benefits, Program & Claims Support

Cigna

24/7/365
800-244-6224

Claims, Coverage & Well-Being Support