



Good For You!

Wellness programs by SCHOOLCARE

*“Health is a state of body,
wellness is a state of mind.”*

~ J. Stanford

Quarter 1 Newsletter: Fuel Your Body & Mind

July 1, 2020 – September 30, 2020



Get rewarded for healthy choices!

Earn up to **\$800** per plan year as a subscriber and **\$400** as a covered spouse or 65+ retiree.

Obtain your annual Biometrics (\$150)

Ask your physician to order routine labs at your local Quest or LabCorp facility. Don't have one near you?

Obtain labs at an alternate location and ask your physician's office to complete the [Physician Lab Form](#).

Your Quarter 4 incentive will be issued by 7/31!



Your path to well-being begins by logging into myCigna.com under **Wellness > Incentive Awards** or the myCigna mobile app under the **Choice Funds** tile to access **Good For You!** Wellness programs. Engage in programs that improve your total health & earn CASH! [View a full summary of incentives available.](#)



Understand YOU for a full picture of your health

Complete your annual Health Assessment at [myCigna](https://myCigna.com) to get a personalized look at your current health. **NOTE: The assessment must be completed annually. Upon completion all other incentives will become available.**

Then Take Action for change



[See if you're eligible](#) for the Omada lifestyle change program (**earn up to \$350**). Complete 16 weeks of the program and/or meet your weight loss goal of 5%.



And keep going with Stay Active

Get rewarded up to **\$400** by creating monthly or quarterly challenges that fit your needs such as tracking physical activity, sleep or healthy eating. [Click here](#) to learn more on how get started with Apps & Activities.

Don't see Preventive Care incentives?

Complete Preventive Care anytime between 7/1/20 and 6/30/21. **It will be reflected in myCigna under Awards Earned starting 1/1/2021.** The incentives will be paid out at the end of Quarter 3 (the same as prior years).

Cash incentives, payments, and rewards paid to wellness program participants are taxable income. Please review with your tax consultant for more information.

To find easy-to-follow registration and program instructions: Visit www.schoolcare.org and click on the *Health & Wellness Tile*

For all questions or help registering for an account please contact Cigna, SCHOOLCARE's wellness partner at **800-244-6224**