



## Focus on Total Health

Our **Good For You!** Well-Being Program is built around six basics of healthy living. Through these components you can explore who you are, connect to wellness and HAVE FUN with your colleagues all while earning CASH! Access all program opportunities at [myCigna.com](https://myCigna.com).



### SCHOOLCARE's Philosophy

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

### What Does Well-Being Mean to You?

Choose activities that best fit your personal health 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-ness programs.

SCHOOLCARE medical participants can annually earn up to:  
**Subscriber = \$800    Covered Spouses & 65+ Retirees = \$400**  
*Incentives earned are paid on a quarterly basis.*



For all questions, please contact SCHOOLCARE's well-being partner, Cigna 24/7/365:

Program Questions: 800-244-6224  
[myCigna](https://myCigna.com) Technical Assistance: 800-284-8346



## 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 1<sup>st</sup> except as indicated below.



### Health Assessment

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

### Biometrics - \$150\*

Use a Quest or LapCorp facility, attend an on-site screening, or complete a Physician Lab Form.



### Preventive Care - up to \$300

Earn \$75 for your physician recommended annual age and gender specific preventive services. *Incentive goal available beginning January 1<sup>st</sup>.*



### Case Management - up to \$350\*

Work with a Cigna Case Manager to coordinate care and/or make progress toward a goal.

### Omada - up to \$350\*

Complete 16 weeks of the program and/or Meet your weight loss goal of 5%.



### Self-Reported Healthy Events - up to \$300

Earn up to \$75 each quarter for completing activities for your total health (\$25) ea. *Incentive goal available beginning July 1<sup>st</sup>, October 1<sup>st</sup>, January 1<sup>st</sup>, and April 1<sup>st</sup>.*



### Online Health Coaching - up to \$250

Earn \$50 for each online program completed. *Incentive goal available beginning October 1<sup>st</sup>.*



### Telephonic Health Coaching - up to \$350\*

Engage with a health professional to support YOU in achieving health goals. *Incentive goal available beginning October 1<sup>st</sup>.*



### 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.

**Start earning your SCHOOLCARE **Good For You!** incentives today using [myCigna](#).**

For easy-to-follow program instructions, videos, and more visit [schoolcare.org](#)

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

*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.*