



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.

