



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.