



# SCHOOLCARE

HEALTH BENEFIT PLANS

## Open Enrollment 2021

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](http://myCigna.com) between June 1<sup>st</sup> - July 31<sup>st</sup>.

If you are **NEW** to SCHOOLCARE/Cigna effective July 1<sup>st</sup>, take the assessment at [myCigna.com](http://myCigna.com) between July 1<sup>st</sup> - August 31<sup>st</sup>.

\**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](http://myCigna.com)

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

## WHAT'S NEW?

### COVID-19 Resources

SCHOOLCARE/Cigna are offering coverage and treatment options. Visit [schoolcare.org/resources-news](http://schoolcare.org/resources-news) for information such as:

- Vaccine updates
- Testing & screening options
- Virtual behavioral care with MDLive
- National & State resources



### Talkspace

Connect one-on-one with a licensed behavioral therapist by live video, text, or phone.

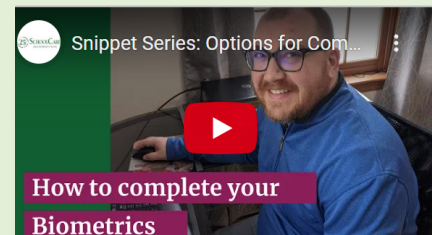


To start using Talkspace visit [talkspace.com/cigna](http://talkspace.com/cigna).

### Video Snippets

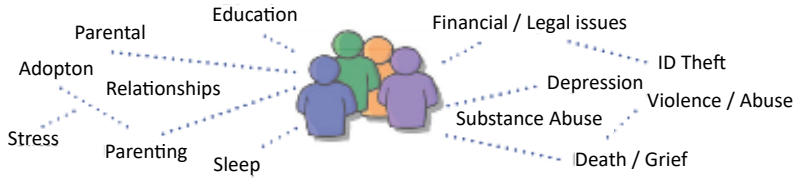
Short informational videos on healthcare topics from the **Good For You!** Well-Being Program to the Employee Assistance Program (EAP), and everything in between.

Snippets can be found at [schoolcare.org](http://schoolcare.org) under the **Resources > Webinars** tab.



## 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](http://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 1<sup>st</sup> day of the plan year

Ask your employer if an FSA is available.



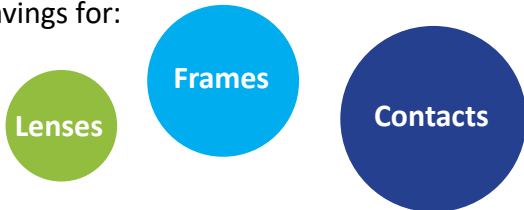
Save \$30 in taxes for every \$100  
set aside in an FSA

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:



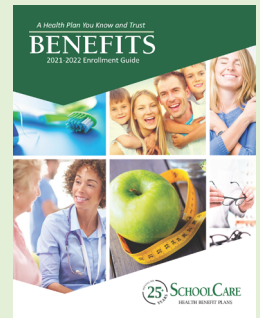
## NEXT STEPS:

- Consider any changes such as plan or covered dependents.
- Complete the SCHOOLCARE Enrollment/Change Form and return it to your employer by May 28<sup>th</sup>.
- Consider enrolling in your employer sponsored Flexible Spending Account (FSA), if available.
- Set a reminder** to complete your Health Assessment at [myCigna.com](http://myCigna.com).

## Learn More About YOUR Benefits

### SCHOOLCARE

- Review the recorded Open Enrollment Webinar
- Choose your Employer from the dropdown list to access:
  - Enrollment Guide
  - Benefit Summaries
  - Enrollment/Change Form



### 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



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