

"Health is a state of body, wellness is a state of mind." ~ J. Stanford

# REST POSITIVITY PURPOSE

# Get rewarded for healthy choices!

Earn up to \$800 per plan year as a subscriber and \$400 as a covered spouse or 65<sup>+</sup> 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.

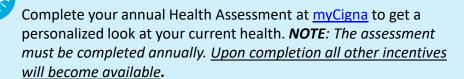
Your Quarter 4 incentive will be issued by 7/31!



### Quarter 1 Newsletter: Fuel Your Body & Mind July 1, 2020 – September 30, 2020

Your path to well-being begins by logging into <a href="myCigna.com">myCigna.com</a> 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



### Then Take Action for change



<u>See if you're eligible</u> 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**