



Good For You!

Effective July 1, 2022

Well-Being Program by SCHOOLCARE

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.



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 wellness 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 1st 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 with a doctor's orders, self-register at a Quest Patient Service Center, 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 available beginning January 1st.*



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%. *Available to those on SCHOOLCARE/Cigna Medical plans.*



Self-Reported Healthy Events - up to \$300

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



Online Health Coaching - up to \$250

Earn \$50 for each online program completed.



Telephonic Health Coaching - up to \$350

Engage with a health professional to support YOU in achieving health goals.



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

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.