

Snippet Series: Virtual and Telephonic Health Coaching

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Hi Chris Glenn here and I'm bringing you another SCHOOLCARE snippet today.

Today we're going to be talking about health coaching, both telephonic and online. We have these programs available starting in second quarter, which is October 1st through June 30th of each plan year. So you can access both the telephonic and online health coaching right through your myCigna.com portal. Let's hop into the website just to check out how you can access both programs.

So, I'm already logged into mycigna.com and what I'm going to do to get to the wellness page is click "view my incentives." After clicking the wellness incentives page, it's going to bring you to the overview, and then moving down to the new layout, we're going to click on this link here to pull up all of the available incentives you can earn. Just like years past you can see biometrics is here and then jumps right into telephonic health coaching. They're available as of 10/1 through 6/30 of the plan year.

There's two different available incentives for all of the telephonic health coaching. So, there's 100 each on making progress towards overcoming a chronic health problem. There's 25 dollars each for making progress towards a health goal. And then there's 50 each for achieving a health goal. Moving further down the page, you'll see a couple different available incentives, but I'm going to focus on online health coaching here. You'll see that there's multiple ones, including balance your diet, enjoy exercise, cope with the blues, lose weight, and other ones.

To start any of the online health coaching you want to click in get started. That's going to bring you to the WebMD health page and here is where you can start different online health coaching programs. Right here in the middle of the page it says start a plan. I'm going to click start and then you can choose from any of the programs: asthma, balance your diet, COPD.

Let's do a balance your diet here. So, as you can see it's going to start whatever day is today if you wanted to start this program, and then this is a four-week program, and if you wanted to start it you would just click "start this plan." And then it would go through some questions to set up the program. We're going to click here. And then it'll tell you, if you have any health conditions that require a specific diet you want to consult with your health care provider. I'm going to click "I understand" and then I start the program from there. You can go into the "to-do" page and then there are different activities that'll pop up daily and you'll just complete them to complete the course.

So, after reviewing the myCigna.com portal and accessing the telephonic and online health coaching through the portal, you can see some of the things changed in the outlook overall. You can access all of the available programs right through myCigna.com and then the website will link you over to the WebMD so then you can choose which online program you want to participate in.

I want to thank you again just for taking some time to learn more about the available incentive programs available at myCigna.com through the SCHOOLCARE **Good For You!** Well-being Program.

Thanks again for joining and I hope you have a great day.