**Find Your Health Coaching Programs at myCigna**
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Hi everyone, Chris from SCHOOLCARE here bringing you another SCHOOLCARE snippet and this one we're going to be talking about health coaching. Health coaching is a way for you to understand your current health situation whether it be physical, mental, psychological, anything like that. And the health coaches particularly through Cigna are there to assist in implementing any changes you want to make moving forward. They'll choose an area of focus and ultimately, they'll help you to achieve them. And along the way you'll be able to earn some *Good For You!* wellness incentives. Let's dive into the SCHOOLCARE website where we can find out how to access the health coaching.

All right so first off I'm going to start at schoolcare.org and I'm going to click on the health and wellness tile. All right moving down the page you're going to see you know why you should participate in the *Good For You!* program. We have a couple videos here our welcome video and quarter three opportunities. And then down below we have our three pillars of wellness. I'm going to click on the take action education pillar and the first item is regarding health coaching.

There are two ways to engage in health coaching one is online where you can participate in multi-week online courses, they have different ones ranging from nutrition, exercise, weight loss, stress management, even one to keep a positive attitude. The other option is telephonic health coaching which you would speak one-on-one with a health professional at Cigna and from there you're going to talk to them about setting and then achieving your personal wellness goals.

The first thing that you do is just contact Cigna at 1-800-244- 6224. Okay so now I've logged into mycigna.com I'm going to click right here view my incentives. To go to the wellness page, I'll first navigate to the goals section where all the available goals are listed. Moving down the page the first health coaching option is telephonic health coaching. There is one for making progress towards overcoming a chronic health problem or support you in making progress towards a health goal and then there's one for achieving a health goal. All of these goals are available two times per year so you can earn upwards of two hundred dollars for chronic health issues you can earn up to fifty dollars for making progress towards goals and then you can make a hundred dollars for achieving those goals.

Further down the page you're going to find the online health coaching. So, I'm going to choose manage stress to show you today. I'm going to click learn how to today. I'm going to first click on manage my goals to bring me to the available goals that you can choose from and as you can see there's multiple ones from eating better, losing weight, enjoy exercise.  I'm going to choose the conquer stress which I have available so here it shows that it is a four-week goal that requires me to use the stress tracker to record a low level of stress for at least 21 days out of 28 days. So, I'm going to click on create goal. I'm going to start on 3/18 which is today, and we'll end on 4/14 of next month. So I'll click start this plan it'll ask you some plan personalization

questions and then it just gives you some things to be aware of and then you just click I understand and then here you're just going to go in each day or each couple of days and track the different activities that you have available within that day. I've completed three out of four today my plan is on track and you can track your progress you can track how many days left or you can go back to managing your plans all right. So that's health coaching in a nutshell on the myCigna portal you do have both options of online or telephonic health coaching both of them are through the my Cigna website or you can contact Cigna by just calling the number on the back of your card. Thanks for joining me today to talk about health coaching on another SCHOOLCARE snippet and I hope you have a fantastic rest of your day bye.