

How to complete your Biometrics.

Chris Glenn, Group Relations Specialist.

Hi Chris Glenn from SCHOOLCARE, just want to take a moment and review the biometric screening that's available under the **Good For You!** wellness program. Biometric screenings are a pretty integral part of your health and there are some key features that happen during biometric screening and that includes taking your height, weight, your waist circumference, your blood pressure, or your blood glucose as well as your good and bad cholesterol. With that data you can take it to your primary care physician or another provider that you're working with and kind of decide you know what do you want to work on to make your overall health better.

We're so happy that we can offer biometric screening incentives through the **Good For You!** program and I just want to go over a couple different methods on how you can earn that incentive I do want to mention as well SCHOOLCARE is not offering any on-site biometric screenings this year due to the pandemic but hopefully on the next plan year we will be offering that as another option but today I'll go over a couple different methods that everyone has access to. All right let's go to the website and see how we can earn the incentive today.

So first we're going to start off at schoolcare.org and I'm going to click on the health and wellness tile from this page I'm going to move down and I'm going to go under understand you awareness and the biometrics is the second one down after completing your health assessment and we have a copy of the physician lab form right here you can open it up it's a pdf you can download it print it bring it to your doctor for them to fill it out and then from there either they can send it on your behalf or you can bring it back and submit it on your mycigna.com account which I'll show you in a little bit.

All right so from there I'm going to move over to mycigna.com. Okay now I'm at mycigna.com I've already logged into my homepage and I'm going to go under family incentives view my incentives which will bring me right to the goals page and from here when you move down the page you can see your overview. You know what activities you've already earned for and I'm just going to go under the goals page and for me the biometrics is the first one located in step two.

And again this is available from July 1st through June 30th so it's available all year long. You can again download the physician lab form from the mycigna website just like the school care website you can print it bring it to your doctor's office or they can submit it for you on your behalf but if they sign it and then you take it home you can actually submit it directly through mycigna.com. I'm going to go right up to the related links section I'm going to click submit completed forms electronically that's going to open up a whole new page and from here you can just click upload file, find the signed document, and then click submit. You can check back within 72 hours and it'll show a different status that it was received and then it can take up to

five business days for processing. Keep in mind though it can take approximately 21 business days for the incentive to show as earned under the **Good For You!** wellness program.

So if I go back to my goals page I have a green check mark. I completed this on 1/13. Just keep in mind that it can take up to 21 business days for it to show as completed you can always call Cigna just to confirm if they've received it and if it's still in processing. The other way you can earn your biometric incentive is by having your doctor order your blood work through either a Quest labs or a LabCorp laboratory and having your regular blood work done through one of those labs will automatically filter over to the wellness program. So you'll earn the incentive that way.

So I hope all that information that we reviewed from schoolcare.org to mycigna.com was very informational for you I hope you know you learned something new today or maybe it just affirmed you know what you knew about the program but just keep in mind if you have any questions feel free to contact Cigna or you can reach out to the SCHOOLCARE office and one of us will be able to answer your questions thank you again for joining and I hope you have a fantastic day.