

## Healthy Event Snippet

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Hello and welcome to another SchoolCare Snippet. My name is Jana Dalton and today I'm going to spend some time talking about Healthy Events through our **Good For You!** well-being program. Healthy Events is a pretty easy way to be able to get credit for different healthy activities that you're doing within your life, whether that be exercise or meditation techniques or preventive care activities. You can enter in three Healthy Events per quarter and there are four quarters in the year. Entering in Healthy Events for July 1, 2021 is going to be much the same as it's always been through the Good For You portal.

I just want to spend a little time, reminding you about what activities do qualify as Healthy Events and let you know what the new activities are that you'll be able to earn incentives for this upcoming plan year.

So, I'm going to start first, by going to our SchoolCare **Good For You!** website, and show you where you can find details about what those healthy event activities are. So, starting at schoolcare.org, I'm going to click on "Wellness," and "Three Pillars of Wellness."

I'm going to scroll down towards the bottom, and I'm going to click on "Stay Active: Physical Activity." We have updated our latest Healthy Events flyer and you can see that this is available here, as well as other information about activities that qualify.

This reminds you, you can earn up to three hundred dollars by entering in again, three healthy event activities per quarter. Most of the activities here are exactly what they have been; the new activities we are adding for July 1, 2021, are under "Prevention." You will now be able to earn Healthy Event incentives for getting your dental visits, so your preventive cleanings each year. You can enter those and qualify those as Healthy Events, and you can also utilize your preventive eye exams.

So, when you get your vision checked you can enter in those appointments and use them as options to earn Healthy Event incentives. You will still be able to utilize exercise options, whether they're monthly workouts or fitness classes, nutrition counseling, weight management programs, and then lots of activities related to stress and getting better sleep. Then again for prevention, you still can earn incentives here for prenatal classes and CPR and AED training.

Now I'm going to log into myCigna and I just want to show you exactly how you're going to enter in your Healthy Events here under "Wellness," and "Wellness & Incentives," scroll down a bit, I'm going to click on "View all incentives." This is the path that I take to navigate to my goals; you may take a slightly different path and that's okay. Also, I'm recording this on the last day of quarter four, on June 30<sup>th</sup>, so that may be why you might see a lot of green check marks because I've done a lot of activities this year. I'm going to scroll down towards the bottom of the list on "Step Two."

Don't be concerned, your list of goals may look different than mine. My Healthy Events are here towards the bottom.

For Healthy Events, you have one segment per quarter: Healthy Event for quarter one, two, three and four. I'm going to click on "Report my goal activity."

So, I'm going to assume that I got my eyes checked today. I'm going to go in and enter in June 30, 2021. Click on that, "I certify that this information is true to the best of my Knowledge," click on "Submit." It notes here, "Congratulations on taking steps towards a healthier you. Your report was received and is being processed." I'm going to close this, so what will happen is, I will not necessarily see an immediate green check mark but when I log back in tomorrow, I will have a green check mark. It'll show me the dates that it was entered, and it'll let me know whether I've received one of three, two of three, three of three... that's usually how it notes it. But I'm not earning awards for this because I've already maxed out my incentives for the plan year. So it is that easy to enter in your Healthy Events and again, remember you can do three per quarter.

So, thank you so much for joining me today. I hope that helps to make it a little bit easier and serves as a reminder that Healthy Events are a pretty simple way to be able to earn some incentives. They can offer a lot of variety so you can earn Healthy Event incentives for a wide variety of activities. Again, reminder you can go and use them now for your dental cleanings and your eye exams and that is in addition to the other activities you've already been able to use them for. So, thank you for joining me today. I hope you are doing well and take good care.