

## Apps & Activities Snippet Transcript

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There's plenty of ways to stay active and healthy even in the middle of winter. I'm Jeff Kanowski with SCHOOLCARE. And I just want to share some ways that I stay motivated in this cold New England winter. Especially on a day like today when it's beautiful, sunny, and clear it's easy to get active and stay healthy. Whether it's walking up the road near your house, or maybe if you live in town, going around the block a few times. Just getting outside and enjoying the fresh air. is a great way to stay motivated.

Sometimes I get a little more adventuresome and I go out in the woods. Either on my snowshoes, do a hike, or go cross country skiing. It really doesn't matter as long as I get outside. It's invigorating and keeps me motivated to go out again and again.

There's also a way that you can get credit in the SCHOOLCARE **Good For You!** program and I'm going to show you how to do that. we're going to go inside and log into my **Good For You!** account and record this walk.

One of the **Good For You!** free wellness programs is Apps & Activities. This is where you can track your ongoing wellness activities or set up challenges for you and your colleagues. Each challenge or goal that you complete is worth \$50 and you can achieve up to \$800 during the plan year.

First, log into mycigna.com and click on the wellness tab in the top menu bar. Then look for the runner to know that you're in the right place. Scroll down a little and click on view all incentives. This brings you to the full list of **Good For You!** Wellness programs you can participate in. Scroll to the bottom of the list and find Apps & Activities. Click on Start now to enter the Apps & Activities program.

On the left of your menu bar is keys to the dashboard challenges, metrics, and rewards. The percentage in the middle tracks your weekly activity. On the left you track your activities, and on the right you select focus areas such as healthy eating, swimming, or yoga. Whenever you see the green wi-fi symbol you can click on it to connect apps from your mobile device to the Apps & Activities program. Note that you need to download the Cigna Apps & Activities app from the app store to your mobile device to sync with the program. I have my app synced to Map My Ride, Strava, and Apple Health.

Wherever you see a green plus sign you can click to manually enter activities. Clicking on the challenges key on the left takes you to the challenges page where you can create a challenge with colleagues or participate in one that someone else has sent you using a code. Metrics show your progress for the week, rewards show what you've earned.

For more details on Apps & Activities you can visit the schoolcare.org website

and click on the Wellness tile. The one with the salad. And scroll down for more details. Then click on stay active and you'll find all the information. So, that's it. Let's take full advantage of the SCHOOLCARE **Good For You!** Program and I hope you find lots of ways to get outside and enjoy the winter here in New England.

Thanks. and we'll see you again soon.