

Quarter 4 Newsletter: Healthy Opportunities are in Bloom

April 1, 2021 – June 30, 2021

As sunnier days arrive, refresh your well-being routine by **Taking Action** and **Staying Active**. Log into [myCigna](#) and click **View my incentives** on the homepage, then navigate to the **Goals** tab to access well-being programs:



Spring for well-being!

Earn up to **\$800** per plan year as a subscriber and **\$400** as a covered spouse or 65+ retiree.

Obtain your Biometrics (\$150)

Visit a Quest or LabCorp facility. Or ask your physician's office to complete the [Physician Lab Form](#).

NOW Available

Watch the [Quarter 4 Opportunities webinar](#) to learn more about available incentives.

Quarter 3 incentives will be issued by 4/30!



Grow with Health Coaching (Earn up to \$600)

Whether you're interested in transforming your routine or overcoming a health challenge, [Online](#) and [Telephonic](#) coaching programs can help you stay on the right track.

Renew your routine with Omada (Earn up to \$350)

[See if you're eligible](#) for the lifestyle change program. Complete 16 weeks and/or meet a weight loss goal of 5% to earn incentives. Available to those on SCHOOLCARE/Cigna Medical plans.



Flourish through Healthy Events (Earn up to \$75)

[Get rewarded for self-reporting](#) fitness activities, nutrition programs, stress management, and more in your [myCigna](#) account.

Thrive with Apps & Activities (Earn up to \$400)

From gardening to exercise or meditation, create monthly challenges for well-being activities to stay motivated. [Click here for a tutorial](#) on how to create a Walking Activity.

Cash incentives, payments, and rewards are available upon completion of the Health Assessment annually. Amounts paid to wellness program participants are taxable income. Please review with your tax consultant for more information.

Visit [schoolcare.org](#) and click on the **Health & Wellness** tile for more resources.