



Learn Your Numbers For Optimal Health

Earn \$150 annually for completing a biometric screening

Biometric screenings are short health exams that include bloodwork, blood pressure and body measurements, which is key health data to reduce health risks and improve overall health.

Obtain your numbers:

Physician ordered:

- If ordered at a Quest or Labcorp facility data will automatically transfer to your myCigna (*available to Cigna medical participants only*)
- If ordered at an alternate facility ask your physician to complete a Physician Lab Form then submit for incentive

NEW! Self-ordered labs:

- SCHOOLCARE has partnered with Quest Patient Services Centers (PSCs) to allow all participants to self-register for biometric screenings. This data will automatically transfer to your myCigna account.

How to register with a Quest PSC

1. Visit: my.questforhealth.com
2. Enter Registration Key: SchoolCare2022
3. Confirm eligibility & complete questionnaire
4. Schedule: Choose a 15-minute appointment from available PSCs



Subscribers, covered spouses, and 65+ retirees can each earn a \$150 incentive for obtaining biometrics this plan year (between July 1 and June 30).

NOTE: 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.

Questions?
Call Cigna at 800-244-6224