



Good For You!

Well-Being Program by SCHOOLCARE

Commit to Well-Being with Healthy Events

Earn up to \$400 for participating in wellness activities that support total health

To maintain and lead a healthy lifestyle you need balance. Healthy Events encompass physical, social, emotional and financial activities important to your holistic well-being. Simply self-report your activity to earn an incentive.



• Activities such as:

- Running Biking
- Gardening Hiking
- Swimming Team Sports

• CPR/AED Training

• Employee Assistance Program for:

- Emotional health & family support
- Home life referrals
- Financial and legal assistance
- Job and career support

• Financial wellness classes

• Fitness classes - virtual or in-person

• Learn a new skill

• Mindfulness activities, such as:

- Meditation Coloring
- Breathing Therapy
- Journaling Affirmations

• Monthly workouts

• Nutrition counseling

• Prenatal classes

• Professional development courses

• Volunteering

• Weight management programs

and more!

Self-Report Your Healthy Events

[Watch this 60-second tutorial](#) or follow the steps below

- Log into your [myCigna account](#)
- Click on the **Wellness** tab
- Click **View all incentives** link at the bottom of the **Incentives Spotlight**
- Click the incentives list to expand, and scroll down to **Healthy Event**
- Click on the **Healthy Event** for the current quarter
- Input the goal completion date and check the box to certify the information is true

\$25 per activity, up to 4 per quarter

Questions? Call Cigna at 800-244-6224

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