



Good For You!

Well-Being Program by SCHOOLCARE

Put Your Health First with Preventive Care

Earn up to \$250 for physician recommended annual preventive services.

Services Right For YOU

View recommended preventive services by logging into your myCigna account and clicking on the “Wellness” Menu. Click “View All Incentives” under the Incentive Spotlight and click the list of goals to scroll down to see what’s available:

- | | |
|--|---|
| <input type="checkbox"/> Physical Exam | <input type="checkbox"/> Mammogram |
| <input type="checkbox"/> OB/GYN Exam | <input type="checkbox"/> Flu Shot |
| <input type="checkbox"/> Prostate Screening | <input type="checkbox"/> Colon Cancer Screening |
| <input type="checkbox"/> Cervical Cancer Screening | |

Incentives will be earned as you complete Preventive Care between 7/1 and 6/30

Preventive incentives¹ are awarded through a claim submitted to Cigna. Completion will be reflected in your myCigna account after the claim is processed.

Self-Report Preventive Care

All SCHOOLCARE/Cigna medical plan participants can self-report routine eye and dental exams² (1 each) as part of preventive care.

How to self-report:

[Watch this 60-second tutorial](#)

or follow the steps below

- Login to your myCigna account.
- Click on the “Wellness” tab
- Under “Incentives Spotlight” click “View all incentives”
- Scroll down to find the “Preventive” categories where you can input your dental or eye exam date.
- Check the box to certify
- Click submit

¹ \$50 each, up to 4 preventive services per plan year

² \$25 dental & eye exams, 1 of each per plan year

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.