



Good For You!

Well-Being Program by SCHOOLCARE

“You are never too old to set another goal or to dream a new dream.”

-C.S. Lewis

QUARTER 3: NEW YEAR, NEW OPPORTUNITIES FOR IMPROVED HEALTH

January 1, 2025 - March 31, 2025



Coordinate Your Care, Meet Goals With a Case Manager

Take control of managing chronic medical conditions with assistance from a Case Manager and earn \$100. You can also work on making progress toward personal goals like smoking cessation, weight loss, stress management, and exercise and earn \$250. Call Cigna at 800-244-6224 to inquire about these programs.

Having a baby? Access free support and earn incentives

If you are expecting, you can work with a dedicated maternity specialist throughout your pregnancy and post-partum to earn incentives as part of the Healthy Pregnancies, Healthy Babies program. In the event of a loss, your specialist is also there to help. To enroll, download the Cigna Healthy Pregnancy App or call 800-615-2906.

Meet Your Wellness Goals on Your Own Terms

One of the best ways to stick to your health goals is to make them attainable (without being too easy) and to track your progress. If you need added motivation - give yourself an incentive for taking actionable steps. Self-Reported Healthy Activities allow you simply check off a box in your myCigna account when you've completed steps toward achieving a healthier you. Earn \$25 per completed activity, up to 4 per quarter. [Find out more here.](#)



4th Annual Well-Being Recharge Begins January 22nd

Check your inbox weekly beginning January 22nd for SCHOOLCARE's 4th annual Well-Being Recharge. Each week you'll receive an article with a different wellness focus and how you can use the *Good For You!* Well-Being Program to improve your health and earn cash incentives. Each week will also have a raffle opportunity just for reading. [Learn more here.](#)

Get started with the *Good For You!* Well-Being Program

Need help getting started? Check out our [2024-25 Welcome Guide](#) for a program overview.

Is your health assessment up-to-date?

Login to mycigna.com and click on "Health Assessment" under the "Wellness" menu or in the mobile app tap the "Health Assessment" button on the home screen. Your assessment is current **if the completion date is on or after 6/1/2024.**

Quarter 2 incentives will be issued at the end of January

Need help registering for an account? Contact Cigna at 800-244-6224.

Visit schoolcare.org and click on the Health & Wellness tile for more resources.



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.