



Good For You!

Well-Being Program by SCHOOLCARE

Learn Your Numbers For Optimal Health

*Earn \$100 annually for completing
a biometric screening*

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

Obtain your numbers:

Physician ordered:

- If ordered at a Quest or Labcorp facility, data will automatically transfer to your myCigna account within 10 business days
- If ordered at an alternate facility, ask your physician to complete a [Physician Lab Form](#) then submit to Cigna for incentive

Self-ordered labs:

- SCHOOLCARE has partnered with Quest Patient Services Centers (PSCs) to allow all subscribers and spouses to self-register for biometric screenings. This data will automatically transfer to your myCigna account within 10 business days.

How to register* with a Quest PSC

1. Visit my.questforhealth.com
2. Enter Registration Key:
SchoolCare2024
3. Confirm eligibility & complete questionnaire
4. Schedule: Choose a 15-minute appointment from available PSCs

*If you registered with Quest in 2022 you can sign in with your previously established credentials



Please note: Quest PSCs are unavailable for biometrics screenings using the self-register option during the month of December.

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.