



Focus on Your Health with Preventive Care

Earn up to \$300 for recommended annual screenings and exams

Services Right For YOU

View recommended preventive services¹ by logging into your [myCigna](#) account and clicking on “Wellness & Incentives” under the “Wellness” menu. Then select “Rewards” under the “Home” icon and scroll to find “Preventive Care” action items. The preventive care goals shown in your account are customized to those you are eligible for* and may include the following:

- ☐ Annual Physical (virtual or in-person) or Well Woman Exam
- ☐ Prostate Screening
- ☐ Cervical Cancer Screening
- ☐ Mammogram
- ☐ Flu Shot
- ☐ Colon Cancer Screening

*Preventive cancer screenings are based on your age and gender. Cancer screenings, flu shots and annual exams are awarded through a claim submitted to Cigna. Completion will be reflected in your account after the claim is processed.



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

SELF-REPORT EYE, DENTAL EXAMS

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:

- Login to your [myCigna](#) account.
- Click on “**Wellness Home**” under the “Wellness” tab
- Then, under “Rewards” click “**Earn Rewards**”
- Scroll to find the “Preventive Care” category and click on “**Dental Exam**” or “**Eye Exam**”
- Click the “**Take Me There**” button
- Enter the date of the exam, certify completion and click “**Submit**”

¹ \$50 each, up to 5 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.