



RESOURCES & UPDATES

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RESOURCES AVAILABLE

schoolcare.org

- Website

- Participant Benefits
- Health Benefits Booklet
- Enrollment Guide
- Enrollment Documents
- Videos, webinars, etc. for viewing at own pace

myCigna

- Website or Mobile App

- Health Assessment completion available starting **7/1**
- Review claims and EOBs
- Price out medications
- View coverage details
- Access **Good For You!** Well-Being Program
- Behavioral Health Tools & Resources
- Now available in Spanish



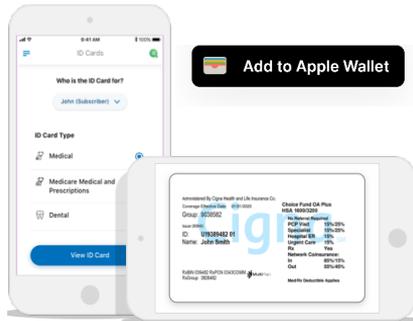
DIGITAL ID CARDS

Cigna no longer sends physical ID cards

You now have early access to your ID prior to effective date for proof of coverage!

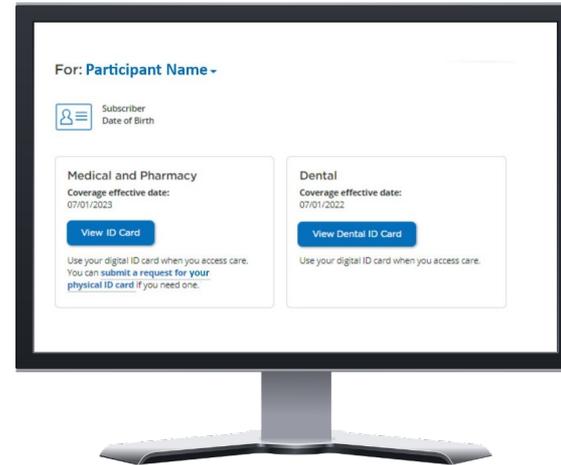
- Cigna App

- Download virtual ID cards to your phone for convenient access



- myCigna.com

- Click to view and print at home



SCHOOLCARE.ORG/RESOURCES-MATERIALS

- 2025 Open Enrollment Updates
 - Enrollment Guide
 - Webinar
 - Enrollment/Change Forms
 - Benefit Summaries

A screenshot of the SchoolCare website's 'Enrollment/Change Materials' page. The page has a light green header with the title 'Enrollment/Change Materials' in a dark green font. Below the title, it says 'Please select your group from the list below.' There is a dropdown menu with 'SchoolCare' selected. Below the dropdown, the text 'Your Plans: SCHOOLCARE Consumer Driven Suite, Der' is visible. A list of links follows: 'Enrollment Guide', 'Health Plan Webinars', 'Applicable Enrollment/Change Form', and 'Benefit Summaries'. Under 'Benefit Summaries', there are three sub-links: 'Medical', 'Dental', and 'Vision'.

Enrollment/Change Materials

Please select your group from the list below.

SchoolCare

Your Plans: SCHOOLCARE Consumer Driven Suite, Der

- [Enrollment Guide](#)
- [Health Plan Webinars](#)
- [Applicable Enrollment/Change Form](#)
- [Benefit Summaries](#)
 - [Medical](#)
 - [Dental](#)
 - [Vision](#)



VACCINE CLINICS

- Set up directly with Delia Saber at Rite Aid
 - Delia.M.Saber@riteaid.com
- Flyers will come directly from Delia

EVOLVING
VIRTUAL TOOLS &
RESOURCES

happify™  Meru Health

 iPrevail **Brightside**

MDLIVE®

 **headspace care** **brightline** 

Alma **talkspace**

NEW HIRES

- HR Training for each new employees
 - Hold new hire group orientation in the summer or early fall
 - Remember our supporting resources on schoolcare.org
- Yellow Plan with Choice Fund enrollees – complete health assessment beginning on effective date within two-month timeframe
- Don't forget...
 - Marketplace Notices for new hires required within 14 days of employment



A FEW OTHER RESOURCES...



Welcome Email
for new employees

One Page Benefit Overview

ANCILLARY BENEFITS

DENTAL

Your SCHOOLCARE dental plan provides coverage for preventive and diagnostic care, fillings, basic restorative work and more. Your plan allows you to see any licensed dentist, but using an in-network dentist may minimize your out-of-pocket expenses.

VSP VISION

Enrolling in VSP provides you (and your spouse or family) with quality eye wear at affordable prices and low out-of-pocket costs. From classic styles to designer frames as well as affordable contact lenses, there are many options to fit your preferences and budget. Available for just \$3-\$10 a month (single, two-party, family).

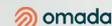
Your plan-specific VSP and dental benefit summaries are available at:
schoolcare.org/resources-materials

MDLIVE for Cigna®

MDLIVE, a comprehensive virtual care program featuring:

- Urgent care
- Preventive care
- Dermatology
- Behavioral and mental health

Get care you need from the comfort of home for the same or less than the cost of in-office visit. **Get started in the myCigna.com portal.**



Omada Complete is a lifestyle change program for those living with or at risk of type 2 diabetes, hypertension, or high cholesterol. Get tools and support you need to build healthy habits that last with:

- One-on-one coaching
- A personalized plan
- Certain medical devices
- Digital tracking tools

www.omadahealth.com/schoolcare



Struggling to build a family is often an unexpected and overwhelming challenge. SCHOOLCARE/CIGNA has partnered with WINFertility to provide you with the quality care and support you need when starting or expanding your family.

www.wininfertility.com/schoolcare

For more, visit schoolcare.org/resources-materials/participant-benefits

NEED ASSISTANCE? Who to contact for benefit support

- Your Employer or HR Office**
- Change of mailing or email address
 - Add or drop coverage for you or a dependent
 - Questions about your cost
 - SCHOOLCARE Enrollment/Change Form
 - FSA enrollment form, if applicable
 - HSA questions, if applicable

- Cigna Member Services: 800-244-6224**
- Benefit questions
 - Provider concerns or to appeal a Cigna coverage decision
 - Assistance with mail-order prescriptions
 - **Good For You!** Well-Being Program questions

Cigna Technical Support: 800-384-8346

- Assistance for myCigna.com or the myCigna app

SCHOOLCARE: 603-836-5013, Monday through Friday 8:30 a.m. - 4:30 p.m.

- Member Care: Press 1**
- General eligibility inquiries
 - Questions regarding enrollment information
- Email: membercare@schoolcare.org

- Group Relations: Press 3**
- Benefit questions
 - Questions/issues that haven't been resolved by Cigna Member Services
 - Assistance with appealing a Cigna coverage decision
- Email: grouprelations@schoolcare.org

25+ SCHOOLCARE HEALTH BENEFIT PLANS

YOUR HEALTH BENEFITS QUICK START GUIDE

As an employee joining SCHOOLCARE's Health Benefit Plans, you have access to comprehensive medical insurance provided by Cigna Healthcare, SCHOOLCARE's Good For You! Well-Being Program, a robust Employee Assistance Program, and much more.

ABOUT SCHOOLCARE

SCHOOLCARE partners with Cigna Healthcare to deliver comprehensive medical plans. All plans use Cigna's National Open Access Plus network of providers. Primary Care Provider (PCP) referrals are not required to seek care from a specialist. No matter which plan you are enrolled in, your SCHOOLCARE/CIGNA medical plan includes:

- No-cost preventive care
- Comprehensive prescription drug coverage
- Annual eye exams
- Emergency and urgent care
- Mental health and substance use coverage
- Chiropractic care, acupuncture and much more

For plan specifics, please review the benefit summary provided by your employer or find benefit summaries, your enrollment form and health plan webinars at schoolcare.org/resources-materials. Select your employer/group in the drop-down menu.

MANAGE YOUR BENEFITS

Set up your online account at myCigna.com and download the mobile app to manage your health benefits on-the-go. You can:

- Review claims
- Find care and costs
- Manage spending accounts
- Access Your Employee Assistance Program
- Use your digital ID cards
- Participate in the **Good For You!** Well-Being Program and more

EMPLOYEE ASSISTANCE PROGRAM

Your SCHOOLCARE/CIGNA benefits features a robust Employee Assistance Program (EAP) to help you live a well-balanced life. It is available for extra support whenever you need it and is accessible to you as a subscriber and is extended to anyone living in your home whether or not they are covered by your medical benefits. Support areas include:

- Elder care
- Emotional health
- Family life
- Financial
- Job/career
- Legal
- Physical health
- Relationship
- Substance use
- and more

To get started, log into your myCigna.com account and click on Employee Assistance Program under the "Coverage" tab.

GOOD FOR YOU! WELL-BEING PROGRAM

You and a covered spouse can participate in SCHOOLCARE's **Good For You!** Well-Being Program. This incentive-based wellness program is located within your myCigna.com portal and offers up to \$500 each in cash incentives for participating in activities that support your holistic health. Centered in the six areas of healthy living: food, exercise, stress, weight, sleep and prevention, **Good For You!** is our commitment to support you in your wellness journey no matter where you are. It's your choice which activities fit your lifestyle and challenge you to live happier and healthier.

More information at schoolcare.org/wellness-pillars.



HEALTH BENEFIT ADMINISTRATION

SCHOOLCARE's Member Care Team is dedicated to providing expertise and support for all your health benefits administration needs

- Eligibility & Enrollment
 - Active employees
 - COBRA & Retiree Administration
 - Tools, resources, and support
 - Up to date on compliance regulations
- Annual benefit deadlines occur throughout the year
 - Regulatory compliance
 - Support and/or alleviate administrative burden

25+ YEARS SCHOOLCARE
HEALTH BENEFIT PLANS
UPCOMING YEARLY EVENTS

JANUARY							JULY															
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Billing (7/1 Changes)								
★	1	2	3	4	5	6	7	8	9	10	11	12	13	14								
8	9	10	11	12	13	14	15	★	17	18	19	20	21									
15	16	17	18	19	20	21	22	23	24	25	26	27	28									
22	23	24	25	26	27	28	29	30														
29	30	31																				
Start of Dependent Eligibility Verification																						
FEBRUARY							AUGUST															
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	CMS Reporting Creditable Coverage Letters								
1	2	3	4	5	6	7	8	9	10	11	12	13	14									
5	6	7	8	9	10	11	15	★	15	16	17	18	19									
12	13	14	15	16	17	18	20	21	22	23	24	25	26									
19	20	21	22	23	24	25	27	28	29	30	31											
26	27	★																				
End of Dependent Eligibility Verification																						
MARCH							SEPTEMBER															
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Second Open Enrollment (New Hires)								
1	2	3	4	5	6	7	8	9	10	11	12	13	14									
4	5	6	7	8	9	10	16	17	18	19	20	21	22	23								
11	12	13	14	★	16	17	24	25	26	27	28	29	30									
18	19	20	21	22	23	24																
25	26	27	28	29	30	31																
IRS ACA Reporting Due End of Year Retirees Notification																						
APRIL							OCTOBER															
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	65+ Open Enrollment								
1	2	3	4	5	6	7	8	9	10	11	12	13	14									
5	6	7	8	9	10	11	15	★	15	16	17	18	19									
12	13	14	15	16	17	18	22	23	24	25	26	27	28									
19	20	21	22	23	24	25	29	30	31													
22	23	24	25	26	27	28																
29	30	31																				
Open Enrollment Begins End of Year Retirees Due																						
MAY							NOVEMBER															
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa									
1	2	3	4	5	6	7	8	9	10	11	12	13	14									
5	6	7	8	9	10	11	15	16	17	18	19	20	21	22	23							
12	13	14	15	16	17	18	25	26	27	28	29	30										
19	20	21	22	23	24	25																
26	27	28	29	30	★																	
Ancillary Updates Due Open Enrollment Forms Due																						
JUNE							DECEMBER															
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	IRS Reporting under ACA Notification								
1	2	3	4	5	6	7	8	9	10	11	12	13	14									
2	3	4	5	6	7	8	16	17	18	19	20	21	22									
9	10	11	12	13	14	15	23	24	25	26	27	28	29									
16	17	18	19	20	21	22	30	31														
23	24	25	26	27	★	29																
30																						
End of Year Terminations - COBRA																						

