



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 you can submit to Cigna for your incentive

Virtual Care:

- Self-register for a biometric screening as part of your virtual Wellness Screening with MDLIVE (more info in box at right). This data will automatically transfer to your myCigna account within 10 business days.

Lab Work for Virtual Wellness Screening

If you do not have a primary care provider or the ability to get to a provider's office for an annual physical, you can schedule a virtual Wellness Screening at no added cost via MDLIVE. You will be prompted to schedule lab work with a local Labcorp or Quest Diagnostics facility in advance of your appointment.

To schedule:

- Sign up with MDLIVE or login to your account at mdliveforcigna.com
- Click the "Get Started" button under the Primary Care option
- Select "Wellness Screening" and then click the "Get Started" button to begin scheduling your Wellness Screening and lab appointment

**Your virtual Wellness Screening qualifies as an annual physical and is eligible for an additional \$50 preventive care incentive.*



Biometric screening incentives can be earned any time between 7/1 and 6/30 each 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.