



Focus on Your Health with Preventive Care

Earn up to \$200 for recommended annual screenings and exams

Services Right For YOU

View recommended preventive services by logging into your [myCigna](#) account and clicking on **Wellness Home** under the **Wellness** menu. Select **Earn Rewards** under the **Rewards** tab and scroll to find the **Preventive Care** category. Preventive care goals displayed in your account are customized to those you are eligible for* and may include the following claims-validated¹ goals:

- \$50 Annual Physical (virtual or in-person) or Well Woman Exam
- \$25 Cervical cancer screening
- \$25 Colon cancer screening
- \$25 Mammogram
- \$25 Prostate cancer screening
- \$25 Flu shot

*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 as and earn \$25 each.

How to self-report:

- Login to your [myCigna](#) account.
- Click on **Wellness Home** under the **Wellness** menu
- Then, under the **Rewards** tab 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 Up to 5 preventive services per plan year
² 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.