



Earn up to
\$300
per year!

How to earn Wellness Cash

SchoolCare's **Good For You!** Well-Being Program helps you maintain or improve your holistic health through fun activities and rewarding incentives. From joining challenges to completing preventive care screenings, choose your path of healthy activities and earn up to **\$300 in Wellness Cash!**

How to get started

Unlock your rewards by completing your Health Assessment (the priority action). Then, choose from any of the healthy activities on the next page to earn more!

Redeem your Wellness Cash:



Shop in
the store



Donate it



Get a
gift card

Who's eligible?

The well-being program is for subscribers and spouses enrolled in a SchoolCare/Cigna Healthcare® plan.



Scan the QR code to sign in to your myCigna® account and get moving toward a healthier, more rewarding future.

Ways to earn Wellness Cash:

Preventive care activities	Complete a biometric screening	\$75
	Annual physical or well-woman visit	\$50
	Flu shot	\$25
	In-office colon cancer screening	\$25
	At-home colon cancer screening	\$10
	Prostate cancer screening	\$25
	Cervical cancer screening	\$25
	Mammogram	\$25
	Routine dental exam	\$25
	Routine vision exam	\$25
Wellness Activities	20-Day Triple Tracker: 10,000 steps/30 active minutes/30 workout minutes	\$10/Monthly
	Track steps or active minutes 10 days out of the month	\$5/Monthly
	Track at least once per week during a destination or staged challenge	\$15/2x per year
	Unlock a destination in a destination challenge	\$10/2x per year
	Reach the final destination of a destination challenge	\$25/2x per year
	Unlock a stage in a staged challenge	\$10/2x per year
Cigna Healthcare activities	Reach the final stage in a staged challenge	\$25/2x per year
	Health coaching (up to 4x per year)	\$25
	Omada Diabetes Prevention Program (once a lifetime)	\$250
	Healthy Pregnancies, Healthy Babies® program (first/second trimester)	\$250/\$125
	Case management (1x per plan year)	\$100

If you are unable to participate in any of the program events, activities, or goals due to a disability or other reason, you may be able to get a reasonable accommodation for participation, or a different standard for rewards. Contact Cigna Healthcare for more information. The full well-being program is available to Cigna Healthcare medical members ages 18 and older. SchoolCare/Cigna Healthcare subscribers and covered partners/spouses are eligible to earn cash incentives. 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. All Cigna Healthcare products and services are provided exclusively by or through operating subsidiaries of The Cigna Group.