



Good For You!

Well-Being Program by SCHOOLCARE

"For everyone, well-being is a journey. The secret is committing to that journey and taking those first steps with hope and belief in yourself."

– Deepak Chopra

QUARTER 1 NEWSLETTER: COMMIT TODAY TO A HEALTHIER YOU TOMORROW

JULY 1- SEPTEMBER 30, 2023



Put your health first with preventive care



Taking a preventive approach to your health can help detect illness or disease early and potentially save time and money for care after symptoms develop. If you haven't already scheduled your annual physical, eye exam, or dental exam, call your providers today to get on their schedules. All **Good For You!** Well-Being Program participants can earn up to \$250 this year in preventive care incentives. [Read more here.](#)



What's new with **Good For You!** in the 2023-24 plan year

[Click here to read more about changes](#) to the **Good For You!** Well-Being Program, including:

- All subscribers and covered spouses are eligible to earn up to \$600 per plan year
- All incentives are available as of July 1
- Incentive modifications in preventive care, biometrics and self-reported healthy events.

Start Here: Your Health Assessment

Complete your annual [Health Assessment at myCigna.com](#) for a personalized look at your current health. Upon completion all other incentives will become available.

NOTE: Assessment must be completed annually between June 1st and May 31st.

Need Help Getting Started?

If you are new to SCHOOLCARE, checking out **Good For You!** for the first time, or need a refresher [our Welcome Guide](#) highlights all incentives and shares how to get started.

Navigating myCigna.com

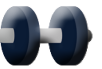
Check out this less than [two-minute overview](#) of how to navigate your SCHOOLCARE benefits and wellness incentives in the myCigna portal.

Self-report 4 Healthy Events each quarter and earn \$400



Finding balance is important to your holistic health. That's why you can choose from a variety of healthy activities throughout the year that promote physical, social, emotional and financial well-being. Self-report completion in your myCigna portal for up to \$100 in incentives each quarter. [Learn more.](#)

Set your goals and get started with a coach today



If you've ever felt like you needed a bit of extra support when working on a new health goal, Cigna's telephonic health coaching program may be just what you need. From personal wellness goals to managing a chronic condition, one-on-one support is available. Get started today, achieve a healthier version of you and [earn up to \\$350 for your hard work.](#)

Need help registering for an account? Contact Cigna at 800-244-6224.

Visit schoolcare.org and click on the Health & Wellness tile for more resources.



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.

