



Good For You!

Well-Being Program by SCHOOLCARE

"I think goals should never be easy, they should force you to work even if they are uncomfortable at the time."

– Michael Phelps

QUARTER 2 NEWSLETTER: FALL BACK ON GOOD HABITS

OCTOBER 1 - DECEMBER 31, 2023



Webinar: Strategies for Dealing with Anger



Anger is a normal, healthy human emotion. But when we can't control our response, it stops being valuable and can lead to behaviors that cause problems. Watch this EAP Webcast live on November 15th at 2 p.m. to learn about what triggers anger and influences our reactions. Explore strategies that can help you control your anger in healthy ways. Also available on demand after the live webcast. Earn a \$25 incentive when you [self-report participation](#) as a healthy event at [myCigna.com](#).

Work with a health coach to fuel change



Choose activities that fit your lifestyle and get personalized support from a telephonic health coach. From getting more sleep to overhauling your exercise routine or help with a chronic health problem, coaching can fuel your fire to make lasting change. [Learn more about how you can earn up to \\$350 with coaching.](#)

Improve your overall health with Omada



If you're looking for a way to make lasting lifestyle changes and haven't checked out Omada, click here to find out if you are eligible to participate. Learn strategies for eating better, managing stress and staying active. You can earn up to \$350 for completing the 16-week program and meeting a weight loss goal of 5% or more. [Read more.](#)



Fall Health Reminder - Get a No-Cost Flu Vaccine & Earn \$50



There's still time to get your flu vaccine before cold and flu season ramps up. It's also a good time to update your COVID-19 vaccine. Flu and COVID vaccines are among those available at no cost to you and your flu shot will put a **Good For You! Well-Being Program incentive** in your pocket. Schedule your vaccines at a nearby pharmacy or with your provider.

Q1 incentives Are Coming

All first quarter incentives have been sent, if you earned incentives but haven't taken your health assessment yet, [complete it here.](#)

Not Sure How to Start Earning?

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 **how you can earn \$600 this year!**

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.

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.

