



# Good For You!

Well-Being Program by SCHOOLCARE

"Almost everything will work again if you unplug it for a few minutes, including you."

– Anne Lamott

## Quarter 3 Newsletter: Commit to Good Health & Well-Being

January 1-March 31, 2022

### Learn Your Numbers for Optimal Health (Earn \$150)

There are now 3 ways to complete your biometric screening. Starting in January 2022, eligible participants can self-register at Quest Patient Service Centers without the requirement of a doctor's order.



[Learn more about this new option.](#)

#### Other ways to obtain biometrics:

- Your PCP can order labs to be completed at a Quest or Labcorp facility (SCHOOLCARE Cigna participants only)
- Have your labs done anywhere and ask your doctor to fill out the [Physician Lab Form](#).



### Wellness Rewards

Don't let the cold freeze your wellness goals. You can **earn up to \$800 (\$400 for covered spouses and retirees)** in incentives for taking an active approach to your health and well-being. [Learn how.](#)

### Prevention Incentives Are Coming (Earn up to \$300)

[Preventive Care](#) incentives are now available on myCigna. Any preventive care you've completed since July 1, 2021, will begin to be marked "Completed" (up to 4 per plan year).

You have until June 30th to complete any **Good For You!** incentives.

- Physical Exam
- OB/GYN Exam
- Mammogram
- Flu Shot
- Prostate Screening
- Cervical Cancer Screening
- Colon Cancer Screening



*Note: 65+ Retirees must self-report completion in their myCigna account.*

**Don't forget!** You must complete your confidential [Health Assessment](#).

### myCigna Updates

If you've logged into [myCigna](#) recently, you may have noticed things look a little different. With these changes, we've updated our Welcome Video to help you navigate what's new. [Watch now.](#)

Q2 incentives will be issued by January 31!

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

Visit [schoolcare.org](http://schoolcare.org) and click on the Health & Wellness tile for more resources.



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Cash incentives, payments, and rewards are available upon completion of the Health Assessment annually. Amounts paid to wellness program participants are taxable income. Please review with your tax consultant for more information.