



SCHOOLCARE's 3 Pillars of Wellness; **Understand YOU**, **Take Action** & **Stay Active** help **EMPOWER** you to make healthy lifestyle choices, take small steps toward changing behaviors, and **ADVOCATE** for yourself and the well-being of others.

Understand YOU



Build Awareness of your own personal health and wellness

Take Action



Educate yourself on your own personal health and well-being

Stay Active



Make Physical Activity part of your lifestyle

SCHOOLCARE 's Philosophy

Is to focus on the subscriber and spouse. We designed the program to help educate adults on their health and wellness in hopes that the habits would then be passed on to their dependents.

What does well-being mean to you?

Choose activities best suited for your own personal health & wellness goals. We are each uniquely motivated. The 3 Pillars of Wellness offer *Awareness, Education, and Physical Activity*.

SCHOOLCARE's commitment

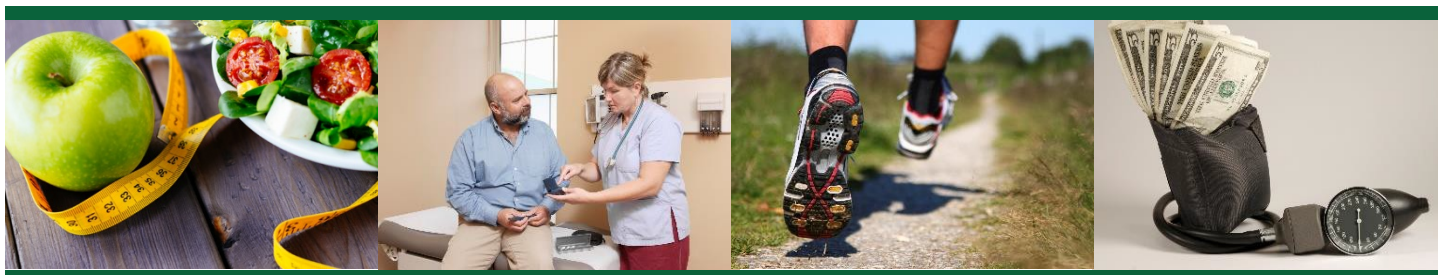
Good For You! is our commitment to your health and well-being. SCHOOLCARE is partnered with Cigna, to provide best practice, evidence-based, achievable and engaging wellness programs.

SCHOOLCARE/Cigna medical participants can annually earn up to:

Subscriber = \$800

Covered Spouses & 65+ Retirees = \$400

Incentives earned are paid on a quarterly basis






For all questions, please contact SCHOOLCARE's wellness partner, Cigna 24/7/365:

Program Questions: 1-800-244-6224

[myCigna](https://www.cigna.com) Technical Assistance: 1-800-284-8346

The SCHOOLCARE **Good For You!** wellness programs empowers you to become an advocate for your health. Incentives available beginning July 1 except as indicated below.

<p>Understand YOU</p> 	<p>Health Assessment To receive cash incentives for participating in the wellness programs the Cigna Health Assessment must be completed annually. Upon completion all incentives earned will become available.</p>
	<p>Biometrics - \$150 Use a Quest or LapCorp facility, attend an on-site screening, or complete a Physician Lab Form.</p>
	<p>Online Health Coaching - earn up to \$250 Earn \$50 for each online program completed.</p> <p>Telephonic Health Coaching - earn up to \$350 Engage with a Health Professional to support YOU in achieving health goals. <i>Incentive available beginning October 1</i></p>
	<p>Preventive Care Compliance - earn up to \$225 Earn \$75 for your physician recommended annual age and gender specific preventive services. <i>Incentive available beginning January 1</i></p>
<p>Take Action</p> 	<p>Omada Program - \$250 Meet your weight loss goal of 5% through the Omada Program (look-back to 1/1/2019).</p>
	<p>Case Management - earn up to \$350 Work with a Cigna Case Manager to coordinate care and/or make progress toward a goal.</p>
<p>Stay Active</p> 	<p>Self-Reported Healthy Events - earn up to \$300 Earn up to \$75 for completing activities during the quarter for your total health (\$25ea). <i>Incentive available beginning July 1, October 1, January 1, April 1</i></p>
	<p>Apps & Activities - earn up to \$400 Earn \$50 for each challenge/goal you complete with or without a device/app.</p>

Start earning your SCHOOLCARE **Good For You! incentives today using myCigna**

For easy-to-follow program instructions, videos, and more... visit SchoolCare.org

Note: Cash incentives, payments, and rewards paid to wellness program participants are taxable income. Please review with your tax consultant for more information.