



Good For You!

Well-Being Program by SCHOOLCARE

"Looking after my health today gives me a better hope for tomorrow."

– Anne Wilson Schaefer

QUARTER 3 NEWSLETTER: PREVENTION MATTERS

JANUARY 1- MARCH 30, 2023



Preventive care incentives are coming



If you've been to the doctor for your annual wellness check up since July 1, have had your recommended cancer screenings, and/or obtained your flu shot, you will see those incentives populate as completed in your myCigna portal beginning in February. Each completed [preventive care incentive earns \\$75](#) with the **Good For You!** Well-Being Program (up to \$300 per year). Preventive care is a critical component to maintaining good wholistic health and the best way to catch illness or disease when it is early and easiest to treat. Complete your preventive services any time during the plan year to earn.

New this year: Self-report eye and dental exams



Maintaining your eye and oral health is a key part of your annual preventive care for good health. Starting in February, a new wellness incentive will become available at [myCigna.com](#) to report annual dental and eye exams, each for a \$25 wellness incentive. These exams do not auto-populate and must be self-reported. [Learn more.](#)

Achieve your health goals with Apps & Activities



If you rang in the new year with a wellness goal in mind, chances are you can earn cash incentives by logging that goal in Apps & Activities. Select from nearly two dozen goal options, record each time you take steps to achieving it and earn stars toward completing the incentive. You can earn up to [\\$400 a year in Apps & Activities incentives.](#)

Schedule your annual biometric screening at a Quest PSC



Get your biometrics screening done while you wait to get in for your annual physical, and have your latest health data ready to talk about with your provider. You can [schedule your biometrics without a doctor's order](#) using a Quest Patient Service Center. All subscribers and covered spouses are eligible to earn \$150 for this annual screening.



Well-Being Recharge is Coming

Starting January 25th, participate in SCHOOLCARE's [2023 Well-Being Recharge](#) for helpful tips, plan highlights and gift card raffles!

Need Help Navigating myCigna?

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

Quarter 2 incentives will be issued at the end of January.

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.