



Good For You!

Well-Being Program by SCHOOLCARE

“Health is a state of the body. Wellness is a state of being.”

– J. Stanford

QUARTER 4 NEWSLETTER: A SEASON OF RENEWED FOCUS

APRIL 1 - JUNE 30, 2025



Make Time to Keep Up With Annual Preventive Care

Prevention is one of the cornerstones to staying healthy or catching illness/disease early. You have several incentives available for completing your no-cost annual preventive care, including annual physicals, cancer screenings, flu vaccines, dental and eye exams. Most preventive care incentives are awarded automatically upon completion. [Learn more.](#)

Get the Credit You Deserve for Living a Healthy Lifestyle

One of the easiest ways to earn *Good For You!* incentives for maintaining a healthy lifestyle or for trying new approaches to getting active, eating better, and caring for your mental health is to self-report the measures you are taking. It takes just a couple minutes per quarter to earn \$100. [Check out this flyer](#) if you need help self-reporting your healthy activities.

Commit to Your Health with Coaching Help

If the spring weather creeping in has you ready to dust off your health and wellness goals, support is just a phone call away. Transform your routine or overcome a health challenge with support from a telephonic health coach. Get personalized guidance to help you create a plan and make progress toward improving your health in a meaningful way. You can earn cash incentives for making progress toward and achieving your goals. Call 800-244-6224 to get started today. [Read more.](#)



SCHOOLCARE Recognized by Cigna With Silver Designation

We are proud to share that SCHOOLCARE was awarded a Cigna Healthy Workforce Designation at the Silver Level recognizing commitment to SchoolCare participant well-being and vitality. We're proud to receive this recognition of our commitment to educating, enabling access to and promoting a well-being program that focuses on holistic health for everyone at every stage.

Don't leave your Wellness Cash on the table

You have until June 15th to complete your health assessment to earn your 2024-25 incentives. To complete your assessment or check if it's current, login to myCigna, click on "Health Assessment" under the Wellness menu. It is up-to-date **if the completion date is on or after 6/1/2024.**

Navigating myCigna.com and Good For You!

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

Quarter 3 incentives will be issued at the end of April

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.