



Quarter 4 Newsletter: Nurture Healthy Habits

April 1-June 30, 2022

Commit to Holistic Wellness With Healthy Events

[Self-report three healthy events](#) this quarter and earn \$75. Did you get out for a spring hike or watch Cigna Wellness Webcast on improving your sleep? Have you gone for a preventive dental or eye exam? Earn \$25 per reported event.



Spring into action!
Earn up to \$800 as a subscriber and up to \$400 as a covered spouse or 65+ retiree.

Last chance for this plan year!
You can earn \$300 for completing your [annual physical and preventive screenings](#). Make your appointments today!

Watch now.
[This short video](#) will guide you through reporting your **Good For You!** Well-Being Program activities.

Q3 incentives will be issued by April 30!

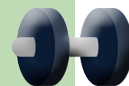
Achieve a Healthier You With Omada



See if you are eligible for a transformative health program that includes a personalized nutrition plan and one-on-one virtual coaching, [with Omada](#). Complete 16 weeks to earn \$100 and achieve 5% weight loss for another \$250 reward.

Renew Your Motivation With Health Coaching

Whether you are looking to jumpstart a healthier diet, renew a love of exercise, lose some weight or tackle a chronic health condition, [online](#) and [telephonic](#) health coaching are here to help. Earn \$50 for each completed online program, up to \$250 per year or \$350 a year for telephonic coaching. Get started with telephonic coaching by calling 800-244-6224 today.



Eat Smart and Earn With Apps & Activities



Does your diet need a little spring cleaning? Challenge yourself to a month of adding more fruits and vegetables, packing a healthy lunch or simply kicking your day off with a healthy breakfast. Earn \$50 per challenge that you [complete in Apps & Activities](#), up to 8 per plan year, for a total of \$400.

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.

