



# Good For You!

Well-Being Program by SCHOOLCARE

*“Most big transformations come about from hundreds of tiny, almost imperceptible, steps we take along the way.”*

– Lori Gottlieb

## QUARTER 4 NEWSLETTER

APRIL 1 - JUNE 30, 2024



### Small Steps Can Spur Big Change With Omada

Build healthy routines that work for you with the help of a personalized plan as part of Omada’s prevention program. If you are at risk of type 2 diabetes, high blood pressure or heart disease, you may qualify to participate in this program that helps you improve your habits around food, exercise, sleep and stress, enabling you to lose weight and improve your overall health. Work one-on-one with a virtual coach, get access to the Omada app and health community and more. [Apply now.](#)

### Find Growth With Online or Telephonic 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.

#### Online Coaching (\$250)

Choose from a dozen focus areas based on your current needs. Check in a few times per week to update your progress. Earn \$50 for each completed online program, up to \$250 per year. [Learn more.](#)

#### Telephonic Coaching (\$350)

Schedule a call to start working with a one-on-one health coach over the phone to make progress toward or achieve personal health goals or make progress toward overcoming a chronic health condition. Earn up to \$350 per year. Call 800-244-6224 to get started today. [Read more.](#)

### Spring into Action. Complete Your Annual Preventive Care (\$350)



If you haven’t had an annual wellness visit, completed your provider-recommended cancer screenings, or been for your biometric lab work this year, here is your spring reminder! Keeping up with your preventive care is inexpensive – your basic appointments are covered at no cost – and it’s an opportunity to talk to your provider about any concerns and can help detect illness or disease early. [Learn more about your no-cost preventive care](#), your [biometric screening options](#) and earn up to \$350 in incentives.

### Check if your health assessment is complete

Unsure if your health assessment is current? Login to [mycigna.com](http://mycigna.com) and click on “Health Assessment” under the “Wellness” menu or in the mobile app tap the “Health Assessment” button on the home screen. Your assessment is current **if the completion date is on or after 6/1/2023.**

### 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](http://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.

