



Good For You!

Well-Being Program by SCHOOLCARE

“Nurturing yourself is not selfish, it’s essential to your health and well-being.”

-Renee Peterson Trudeau

Quarter 2 Newsletter: Fall into a Healthy Routine

October 1-December 31, 2021

Personal Support with Health Coaching

When it comes to taking control of your health and well-being, sometimes it’s easier with support. Online and telephonic health coaching incentives are now available.



Telephonic: Earn up to \$350

If speaking with someone directly is the push you need to help manage a chronic health condition or finally achieve a wellness goal, free one-on-one health coaching is available. [Login to myCigna](#) and click “View my incentives” in the Incentives tile or call 800-244-6224.



Online: Earn up to \$250

Achieve a variety of health goals with online health coaching. Choose from 12 programs and get started today. Earn \$50 for each goal you accomplish! [Learn more.](#)



Caring for yourself

From meditation, to a scenic bike ride or focusing on more sleep – take care of yourself and **earn up to \$800 (\$400 for covered spouses and retirees)** in incentives along the way.

[Learn how.](#)



Well-Being Award

We are proud to announce SCHOOLCARE has received a Cigna Well-Being Award® for the second year in a row. This recognizes select companies for the difference they make in the health and well-being of their employees.

Wellness One Step at a Time

Create new habits by setting small, manageable goals.

Self-Report Healthy Events (\$25 ea)

Set a goal of one healthy event for each of the final three months this year. Not sure what to report? Check out the **Good For You!** Well-Being Program [Healthy Events flyer](#).

Apps & Activities (\$50 ea)

Challenge yourself to get more sleep, eat a healthy breakfast or connect with loved ones. Earn with each goal [completed in Apps & Activities](#) (up to 8 per year).



Don’t Forget Your Flu Shot!



Protect yourself from the flu with your annual vaccine. Your shot is covered under preventive care and your \$75 incentive will be reflected in your [myCigna](#) account beginning in January. [Learn more about preventive care.](#)

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 wellness program participants are taxable income. Please review with your tax consultant for more information.



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