



Good For You!

Wellness programs by SCHOOLCARE

“Health is the thing that makes you feel that now is the best time of year.” ~ Franklin P. Adams

Quarter 4 Newsletter

April 1, 2019 – June 30, 2019



Put a little spring in your step!

It's time to cross the finish line with your wellness activities.

Programs available until 6/30/2019:

Health Assessment
Biometrics
Health Coaching
Preventive Care

Upcoming Events:

*Free On-Site
Biometric Screenings
Check the “Bell”
icon for dates and
locations.*

**Quarter 4
incentives will be
tallied by
7/31/2019!**



Spring Into Action!

Quarter 4 is the last opportunity to take advantage of all programs available to you. Take a moment to check off your achievements!

Reach your goals and earn the full incentive this plan year!

- Finalize your *Health Assessment (HA)* to earn **\$75**
- Complete your *Biometric Screening* and earn **\$100**
- Report two *Preventive Care* visits for **\$50**
- Set a goal with your *Health Coach* and earn **\$25**
- Participate in *Quarterly Activities* to earn up to **\$125**

Go to connect.viverae.com or use the Viverae mobile App to access and complete any remaining program components by 6/30/2019.

Snooze for 7 Challenge

Long-term sleep issues can lead to high blood pressure, obesity and depression. Are you getting the recommended 7 hours? Take the challenge to find out! Use an app or device to track sleeping habits for more accurate results.

Sign-ups begin: 5/6/2019

Challenge Period: 5/13/19- 6/19/19

Springing Ahead to July 1

As April showers bring May flowers, SCHOOLCARE is excited to share that our new wellness partner is Cigna! All wellness programs for employees, covered spouses and 65+ retirees will be available July 1, 2019 on myCigna.com. Stay tuned for more details!

As we come to the end of our 4 year partnership with Viverae, we would like to encourage participants to keep a history of previous year's biometric results. Please click [here](#) to find easy to follow instructions on how to print results for your records.

Cash incentives, payments, and rewards paid to wellness program participants are taxable income. Please review with your tax consultant for more information.

Visit www.schoolcare.org and click on the *Health & Wellness Tile*



For assistance or questions, please call 888-833-5829 Mon - Thurs from 8 a.m. to 8:30 p.m. (ET), and Friday from 8 a.m. to 7 p.m. (ET).