

## Getting to Know Your *Good For You!* Well-Being Program Activities

Whether you're on your computer or mobile device, it's easy to find and earn your Good For You! Well-Being Program Rewards. Follow these steps to get started:

### **Step 1: Log In**

Go to [myCigna.com](https://myCigna.com) on your computer or open the **myCigna mobile app**.

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### **Step 2: Navigate to Wellness**

- **On your computer:** Click on the **Wellness** menu, then select **Wellness Home**.
  - **On the mobile app:** Tap the **Wellness** icon from the home screen.
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### **Step 3: Access Rewards**

Click or tap on **Earn Rewards** under the **Rewards** tab.

This will bring you to the **Rewards** page, located under the **Home** menu on the desktop Wellness Portal.

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### **Step 4: Explore the Rewards Page**

On this page, you'll find a full list of activities that can earn you **Wellness Cash**—up to **\$600 per year!**

You can earn rewards by:

- Completing your **annual biometric screening**
- Participating in **Cigna-sponsored activities**
- **Self-reporting** healthy events
- Completing **preventive care activities**
- Joining Wellness Portal programs like **Challenges, Journeys**, reading **Daily Cards**, and more!

You can click on activities to look for more details and further guidance.

 **Tip:** Your **Preventive Care** section is personalized based on national age and gender guidelines, so your available incentives may be different from someone else's, but all participants can earn for:

- Annual physical
  - Flu shot
  - Preventive dental cleaning and
  - Preventive eye exam
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### **Step 5: Automatically Track Steps, Sleep and More with Devices & Apps**

You can automatically track your daily steps, active minutes, exercise and sleep with a fitness wearable, like an Apple Watch or Fitbit. This allows you to automatically earn Wellness Cash for things healthy habits you may already be tracking.

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### **Step 6: Track and Use Your Wellness Cash**

You have **flexibility!** Use your Wellness Cash as you earn it or save it up for something bigger later in the year. Click the **Spend** tab on the Rewards page for more on how you can spend your cash or click the **Earnings History** tab to see more details on your year-to-date earnings.

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### **Need Help?**

- In the Wellness Portal on your computer, click the **Support** icon at the top-right of the screen.
- On the app: From the Wellness page tap **Wellness Support** under the **Resources** tab.

Or, call **Cigna Support** at **800-284-8346**

 You can also look for other helpful videos in our **Good For You! Well-Being Program video library** at: [www.schoolcare.org/wellness-pillars](http://www.schoolcare.org/wellness-pillars)

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 **Remember:** There are **many ways to reach your \$600 goal**, no matter your health or fitness level. This program is all about **you** and your health and well-being.