

How to Spend Your *Good For You!* Well-Being Program Wellness Cash

What Is Wellness Cash?

As a SCHOOLCARE subscriber (or covered spouse), you can earn up to **\$600 in Wellness Cash per year** by completing activities that promote your health and well-being.

- You can spend your Wellness Cash **as you earn it**
 - Or let it **accumulate** for a larger purchase
 - **Wellness Cash rolls over** year to year
 - If you leave your SCHOOLCARE /Cigna plan, you'll have **30 days** to use any remaining balance
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Step 1: Log In

- Go to myCigna.com or open the **Cigna mobile app**
 - Enter your login credentials
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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.

Step 3: Check Your Balance

- On your computer, your **Wellness Cash balance** is shown in the **upper-left corner** on the **Rewards Page**
- On your mobile device, tap the **Earnings History** tab to see your year-to-date Wellness Cash balance

Step 4: Spend Your Wellness Cash

Click the **Spend** tab and choose from three options: (if you haven't yet completed your health assessment, the Spend tab will not be available until you do)

Option 1: Shop in the Wellness Store

- Click **Shop Now**
 - Browse products and add your selection(s) to your cart
 - Apply some or all of your Wellness Cash at checkout
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Option 2: Get a Gift Card

- Click **Get a Gift Card**
- Choose from popular stores or a **pre-paid Mastercard***
- Apply the amount and confirm

**Want a physical card for your pre-paid master card? You can request one for a small processing fee*

Option 3: Donate to Charity

- Click the **Donate** tab
 - Select a listed charity
 - Or order a **Charity on Top** gift card to donate to over **1 million charities** on their website
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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** SCHOOLCARE

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