

Accessing the **Good For You!** Well-Being Program and Completing Your Health Assessment

The **Good For You!** Well-Being Program has been enhanced for 2025-26. Get started here with a step-by-step guide to finding the new program, logging in for the first time and completing the health assessment.

Step 1: Log in to myCigna

- Go to [myCigna.com](https://mycigna.com) on your computer **OR**
- Open the **Cigna mobile app** on your phone or tablet.

First time logging in? Click **Register** and follow the prompts to create your account.

Step 2: Navigate to the Wellness Portal

- **On a computer:** Click the **Wellness** menu and select **Wellness Home**
 - **On the mobile app:** Tap the **Wellness** icon on the home screen
-

Step 3: Enter the Wellness Dashboard

Click or tap on **Wellness Dashboard**.

This takes you to the **home screen of the Wellness Portal**.

Step 4: Complete First-Time Setup

(Only needed the first time you access the Wellness Portal)

1. Confirm your **Cigna ID** and **email address**
2. Select your **time zone**
3. Click or tap **Continue**
4. Check the boxes to agree to the **member agreement**
5. Click or tap **Next**

Step 5: Customize Your Wellness Experience (Optional)

- You'll be prompted to select your **health interests**
 - Choose your preferences, or click **Skip**
 - If you selected interests, you can refine them further—or skip
-

Step 6: Complete Your Health Assessment

1. On the **Wellness Dashboard**, look for the **Health Assessment** card at the top
 2. Click or tap **Start Now**
 3. On the next screen, click or tap **Start the Survey**
 4. Complete the confidential questionnaire
-

Step 7: Unlock Your Incentives

After you complete the Health Assessment:

- Your **Good For You! Wellness Cash** incentives will be unlocked
 - If you're enrolled in the **Yellow Plan with Choice Fund**, your Choice Fund will also display as completed. *Please allow up to 2 weeks for the Choice Fund to be activated in your myCigna account.*
-

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

You're All Set!

You've now completed your set-up and Health Assessment. Start exploring activities, earning rewards, and investing in your well-being.