



**Earn up to  
\$600  
per year!**

# Wellness Rewards

Whether you're focusing on your fitness, nutrition or mental well-being, it's easy to earn rewards by making healthy decisions. Choose your healthy activities and watch your rewards add up. The more you do, the more you'll earn—up to **\$600 in Wellness Cash**. Collect rewards once you've completed all actions labeled Priority.

**Complete your Health Assessment (the Priority action) to unlock your rewards. Then, choose from any of the healthy activities on the next page to earn up to \$600 in Wellness Cash!**

## Redeem your Wellness Cash:



**Shop in  
the store**



**Donate it**



**Get a  
gift card**

## Who's eligible?

The well-being program is for subscribers and spouses enrolled in a SchoolCare/Cigna Healthcare® plan.



Scan the QR code to sign in to your myCigna® account and get moving toward a healthier, more rewarding future.

# Ways to earn up to \$600 in Wellness Cash:

|                                    |  |                    |
|------------------------------------|--|--------------------|
| <b>Getting started</b>             | Complete registration  | <b>\$10</b>        |
|                                    | Complete the Nicotine-Free Agreement (1x per program year)               | <b>\$10</b>        |
|                                    | Set your interests (1x per quarter)                                      | <b>\$5</b>         |
|                                    | Set a well-being goal (1x per program year)                              | <b>\$5</b>         |
|                                    | Add 5 friends (once ever)  | <b>\$5</b>         |
|                                    | Invite friends outside of SchoolCare (once ever)                         | <b>\$5</b>         |
| <b>Monthly</b>                     | Complete 10/20 Daily Cards   | <b>\$5/\$10</b>    |
|                                    | Track Healthy Habits 10/20 days per month                                | <b>\$5/\$10</b>    |
|                                    | 20-Day Triple Tracker: 10,000 steps/30 active minutes/30 workout minutes | <b>\$10</b>        |
|                                    | Track steps or active minutes 10 days out of the month                   | <b>\$5</b>         |
|                                    | Track sleep 10 days per month  | <b>\$5</b>         |
|                                    | Sleep > 7 hours 20 days per month  | <b>\$15</b>        |
|                                    | Create a personal challenge  | <b>\$5</b>         |
|                                    | Join a personal challenge  | <b>\$5</b>         |
|                                    | Join the SchoolCare Challenge  | <b>\$5</b>         |
|                                    | Create a team in the SchoolCare Challenge and recruit players to fill it | <b>\$10</b>        |
|                                    | Track activity at least once a week during all weeks of the challenge    | <b>\$10</b>        |
|                                    | Post a chat comment once a week during all weeks of the challenge        | <b>\$10</b>        |
|                                    | Unlock a stage or destination in a challenge                             | <b>\$5</b>         |
|                                    | Reach the final stage or destination in a challenge                      | <b>\$20</b>        |
|                                    | Win the promoted Healthy Habit challenge                                 | <b>\$20</b>        |
| <b>Quarterly</b>                   | Choose your eating type (1x per quarter)                                 | <b>\$5</b>         |
|                                    | Favorite a recipe (1x per quarter)                                       | <b>\$5</b>         |
|                                    | Complete a Journey (3x per quarter)                                      | <b>\$10</b>        |
|                                    | Self-report a Healthy Event (1x per quarter)                             | <b>\$25</b>        |
| <b>Preventive care activities</b>  | Complete a biometric screening   | <b>\$100</b>       |
|                                    | Annual physical or well-woman visit                                      | <b>\$50</b>        |
|                                    | Flu shot   | <b>\$50</b>        |
|                                    | Colon cancer screening   | <b>\$50</b>        |
|                                    | Cervical cancer screening  | <b>\$50</b>        |
|                                    | Mammogram or prostate cancer screening                                   | <b>\$50</b>        |
|                                    | Routine dental exam  | <b>\$25</b>        |
|                                    | Routine vision exam  | <b>\$25</b>        |
| <b>Cigna Healthcare activities</b> | Health coaching (up to 4x per year)                                      | <b>\$25</b>        |
|                                    | Omada Diabetes Prevention Program (once a lifetime)                      | <b>\$250</b>       |
|                                    | Healthy Pregnancies, Healthy Babies® program (first/second trimester)    | <b>\$250/\$125</b> |
|                                    | Case management (1x per program year)                                    | <b>\$100</b>       |

If you are unable to participate in any of the program events, activities, or goals due to a disability or other reason, you may be able to get a reasonable accommodation for participation, or a different standard for rewards. Contact Cigna Healthcare for more information. The full well-being program is available to Cigna Healthcare medical members ages 18 and older. SchoolCare/Cigna Healthcare subscribers and covered partners/spouses are eligible to earn cash incentives. Cash incentives, payments, and rewards are available upon completion of the Health Assessment annually. Amounts paid to well-being program participants are taxable income. Please review with your tax consultant for more information. All Cigna Healthcare products and services are provided exclusively by or through operating subsidiaries of The Cigna Group.