



# Good For You!

Well-Being Program by SCHOOLCARE

“Spring is nature’s way of saying,  
‘let’s party!’ ”

– Robin Williams

## QUARTER 4 NEWSLETTER: PUT A LITTLE SPRING IN YOUR STEP

APRIL 1 - JUNE 30, 2023



### Reap the benefits of healthy activities

**Good For You!** Well-Being Program incentives are designed to meet every participant wherever you are in your health journey. One of the most straightforward ways to earn is to self-report healthy activities including **mental well-being**, preventive vision and dental exams and activities that you are doing to improve or maintain your physical, social, emotional and financial health. These could be athletic events, volunteer opportunities, meditation, gardening, taking a self-improvement class and more. Self-reported events are quick and easy to log. [Read more](#) or [watch this 60-second video](#) to learn how you could earn up to \$200 this quarter!



### Tackle your goals with Health Coaching support



Take advantage of a burst of spring-induced energy to reach for your goals. Whether you’re interested in transforming your routine or overcoming a health challenge, **Online** and **Telephonic** Health Coaching programs can help put you on the right track. Earn incentives for making progress toward or achieving goals with coaching assistance.

### Complete programs in Apps & Activities by June 30<sup>th</sup>



If you are tracking health goals like sleep, meditation, exercise, healthy eating or more in Apps & Activities keep at it! There is still plenty of time to complete stars and earn your \$50 rewards. **Complete any goals you can before June 30<sup>th</sup>. [There’s still time to earn at least \\$100 in Apps & Activities incentives.](#)**

### SCHOOLCARE Recognized by Cigna With Silver Designation

We are proud to share that SCHOOLCARE was recognized with a Cigna Healthy Workforce Designation at the Silver Level for making significant progress toward a healthy work culture. This designation highlights SchoolCare’s commitment to educating, enabling access to and promoting a well-being program that focuses on holistic health for everyone at every stage.



#### Health Assessment deadline!

Your Health Assessment must be completed by May 31, 2023, to unlock your 2022-23 incentives. Don’t forget this crucial step.

#### Need Help Navigating myCigna?

Check out a [two-minute overview](#) of how to navigate your SCHOOLCARE benefits and wellness incentives in the myCigna portal.

**Quarter 3 incentives will be issued at the end of April.**

**Need help registering for an account?** Contact Cigna at 800-244-6224.

Visit [schoolcare.org](https://schoolcare.org) and click on the Health & Wellness tile for more resources.



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.