



**Good For You!**

Well-Being Program by SCHOOLCARE

## Commit to Well-Being with Healthy Events

Earn up to \$300 for participating in wellness activities that support your total health.

### Choose To Fit YOUR Lifestyle

#### Exercise

- Fitness Classes
- Events/Activities, such as:
  - Running     Biking
  - Gardening     Hiking
  - Swimming     Sports
- Monthly Workouts

#### Stress Sleep

- EAP Seminars
- Mindfulness Activities, such as:
  - Meditation     Coloring
  - Breathing     Therapy
  - Journaling     Affirmations
- Volunteering

#### Food Weight

- Nutrition Counseling
- Weight Management Programs

#### Prevention

- Dental and/or Eye Exams
- Prenatal Classes
- CPR/AED Training

\$25 per activity, maximum \$75 per quarter.

### Report at myCigna

Log into your [myCigna.com](https://myCigna.com) account and click **View my incentives** on the homepage to access the **Good For You!** Well-Being Program. Click the **Goals** tab and scroll down to view “Healthy Event”.

Click “**Report my goal activity**” under the **current quarter** Healthy Event (program will not award incentives reported in prior or future quarters). Input the Date of Activity and check the box to certify the information is true.

**Questions?**

**Call Cigna at 800-244-6224**

**NOTE:** Cash incentives, payments, and rewards are available upon completion of the Health Assessment annually. Amounts paid to wellness program participants are taxable income. Please review with your tax consultant for more information.