



**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

#### Food Weight

- Nutrition Counseling
- Weight Management Programs

#### Stress Sleep

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

#### Prevention

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

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

### Report Healthy Events

- Log into your [myCigna account](#)
- Click “**Wellness & Incentives**” under the “Wellness” tab
- Click “**View all incentives**” link below the “Incentives Spotlight”
- Click on the list of incentives to reveal *all available incentives* and scroll down to “Healthy Event”
- Click on the “**Healthy Event**” for the current quarter
- Input the goal completion date 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.