



*If you participated in a health or wellness event, get rewarded for reporting it in your myCigna account.*

## HEALTHY EVENTS



**Good For You!**

Wellness programs by SCHOOLCARE

**Earn up to \$300 (\$75 per quarter) for reporting participation in health & wellness events that support your total health (\$25 ea).**

### Choose To Fit YOUR Needs



#### Physical Activity

- Group Fitness Classes
- Athletic Events/Activities (Running, Biking, Swimming, Social Sports Clubs)
- One-on-One Personal Training
- Monthly Exercise (minimum of 12 workouts)



#### Stress Management

- Financial Planning Seminars
- EAP Seminars (On-site, On-line, Telephonic)
- Retirement Planning Seminars
- Outdoor Activities (Camping, Hiking)
- Mindfulness Activities (Therapy, Meditation, Journaling)



#### Nutrition/Weight Management

- Registered Dietitian/Nutrition Consults
- Weight Management Programs/Classes



#### Personal/Professional Growth

- Volunteering in the Community
- Prenatal Classes
- Career Development Activities
- CPR/AED Training

### Report at [myCigna](https://mycigna.com)

Log into your [myCigna.com](https://mycigna.com) account and click **View my incentives** on the homepage to access **Good For You!** wellness programs. 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.*