

Get Started with Your *Good For You!* Well-Being Program

Jeff Kantorowski, Coordinator of Benefit Programs

Slide 1: Welcome

Welcome to the *Good For You!* Well-Being Program by SCHOOLCARE for the plan year beginning July 1, 2021, through June 30, 2022. We hope you will find this video helpful in discovering all the goals offered and how to participate. Please note, below this video there is a transcript should you wish to review the program components in a written document. I'm excited to share our complete Well-Being Program with you, so let's begin.

Slide 2: Philosophy

The philosophy of the program is to focus on total health with goals built around the six basics of healthy living – food, exercise, stress, weight, sleep, and prevention. Our philosophy is that by educating adults on their health and well-being, good habits will then be passed on to their dependents. Subscribers can earn up to \$800 per plan year. Spouses and 65+ Retirees can earn up to \$400 each plan year.

Slide 3: Incentive Summary

The *Good For You!* Well-Being Program Incentive Summary is outlined in these goals. The goals are designed to meet you where you are on your path to well-being, and encompass holistic programs for your physical, mental and overall health. You can find this document on the Health and Wellness tile on the schoolcare.org web page. Incentives are earned by first completing the confidential on-line health assessment. Incentives are issued by the end of the month following the close of a quarter. Every three months is a new quarter and each quarter you will find a video on our website located next to this one highlighting programs for current quarter. These quarterly videos are another tool to help guide you on your path to well-being. Our goal is to offer something for everyone and know there is great value in taking small steps towards progress.

Slide 4: MyCigna

For anyone just starting to participate in the program or looking to reengage, the *Good For You!* Well-Being Program is housed on the myCigna website at www.myCigna.com or the myCigna mobile app. Start by registering or logging into your account. For this video we are using the myCigna website.

This screen shows a visual of the myCigna.com Customer Login page. You will use the same username and password that you might have already set up when you took your annual health assessment or to look up your claims information. If you are new to my Cigna.com, simply click the register button and follow the prompts.

Slide 5: Navigating the Website

This screen shows a picture of the landing page after logging in. Click "Wellness & Incentives" under the Wellness tab to get started.

Slide 6: Incentive Awards

On this page, you will see an “Incentives Spotlight” first. Based on the current quarter available goals are recommended for completion. If you’d like to see a full list of available incentives click on the “View all incentives” link.

Slide 7: Incentives Page

This page highlights your incentives earned on the top, and then lower down the page you can see all available incentives. Click on the blue arrow for the menu of available goals to appear.

Slide 8: Available Incentives Tab

From the “Available Incentives” tab, you can view all available program goals including the annual myCigna Health Assessment required as a first step to earn cash incentives. If you have already begun participating, you can click over to the “Completed Incentives” tab to view your goals and incentives earned. Always keep in mind that goals achieved are not immediately reflected. Depending on the goal it may take anywhere from a couple of days to a couple weeks to show as completed.

Slide 9: Completed Incentives Page

The most recently completed goals appear at the top.

Slide 10: Health Assessment info

Here is some additional information about completing your Health Assessment. For Yellow Choice Fund participants, the primary subscriber/employee is required to take the Health Assessment annually to activate the Choice Fund. For ALL SCHOOLCARE medical plans, every incentive-eligible participant (employee, covered spouse, and retiree) MUST complete an annual health assessment in order to receive incentive payments. Incentives are awarded after completion and are paid quarterly. Remember to complete the assessment annually between June 1 and May 31.

Slide 11: Biometrics

Now that you’ve seen how to complete the annual health assessment, let’s jump into the program components that allow you to earn cash incentives.

You can earn \$150 for obtaining your biometrics. All participants can obtain biometrics through a Physician Lab Form found on the myCigna homepage or for those on Cigna medical when your doctor orders your annual bloodwork through a Quest or LabCorp Facility. New beginning January 2022 is a third option to use a Quest Patient Service Center.

Slide 12: Quest Patient Service Center

This new option allows you to make an appointment at a Quest Patient Service Center near you without having to first get a doctor’s order. It is available to all subscribers, covered spouses and 65+ retirees and there is no cost to go. Registration is easy and the appointment takes about 15 minutes. Simply visit my.questforhealth.com and use the registration key “SchoolCare2022”. Your eligibility is confirmed using your date of birth and your social security number. There is a 5-minute health questionnaire to provide consent and then you can choose from a list of many locations throughout the state to book an appointment at a time that works best for you.

The screening consists of a fasting blood draw to obtain your cholesterol and glucose numbers, blood pressure reading, and a height, weight and waist circumference (BMI) measurement. Within 1 week of your visit, you will receive your \$150 incentive on myCigna and within 4-6 weeks, Cigna medical participants will see a no-cost preventive service claim.

Slide 13: Healthy Events

We recognize the work put into focusing on your overall health and well-being. Healthy Events allow you to self-report programs that fit your needs. Maybe you've been exercising, working on stress reduction strategies, improving your sleep, eating healthy, etc. You can simply click "Report my goal activity" up to 3 per quarter and earn \$25 for each activity. That's a potential \$300 per plan year using this one program.

Choose an activity that fits your lifestyle. Biking, gardening, meditation, journaling, nutrition counseling, prenatal classes and more. Newly added this year, you can self-report dental and eye exams.

Once you click "Report my goal activity", enter the date completed within the current quarter, check the box to certify this information is true to the best of your knowledge and click "Submit".

Slide 14: Apps & Activities

Another way to engage in physical activity is through Apps & Activities. myCigna allows you to track and record your fitness goals or set-up group challenges. You can do so by clicking on Apps & Activities under the Wellness tab or download the Cigna Apps & Activities app on your mobile device. Earn \$50 each time you earn 20 stars, a potential of \$400 using this program.

Slide 15: Apps & Activities Cont

Apps & Activities offers challenges that are either integrated with a device, like a Fitbit, for automatic entry or manual entry. When participating in a challenge, progress needs to be recorded by Sunday of each week either by syncing the integrated app or through manual entry to earn stars. Please visit our Health & Wellness page on schoolcare.org website for tutorials video or call Cigna for any needed guidance.

Slide 16: Health Coaching Telephonic

Each plan year on October 1st (Quarter 2) Telephonic and Online Health Coaching goals become available. Coaching is for those who would like assistance setting and achieving goals whether its physical activity, weight loss, help lowering cholesterol or blood pressure. Trained health coaches are only a call away. Along your journey with a coach, you can be rewarded from \$25 to \$100, for a maximum of \$350 annually. Simply call the number on your Cigna ID card, 800-244-6224, to schedule a call with a coach.

Slide 17 Health Coaching Online

Build healthy habits in a minimum of 4 weeks by signing up for online health coaching, simply find the goal you wish to complete and click "Get Started", "Learn more now", or "Let's get moving!" There are 12 programs to choose from and you can earn \$50 per goal, for a maximum of \$250 annually. The variety of goals is intentional to meet participants in varied ways appropriate for their personal well-being path.

Slide 18 Preventive Care:

The next program component becomes available in January (Quarter 3) each plan year. Depending on age and gender, your physician may recommend various preventive services. Preventive care services are awarded automatically through the preventive care claim incurred for these services beginning July 1, 2021, through the end of June 2022 and are awarded \$75 each. A maximum of four preventive goals are incentivized for a total of \$300 annually. These include a physical and OB/GYN exams, mammogram, flu shot, colon, cervical and prostate cancer screenings. You may obtain these services any time during the plan year, but the incentives do not show as available until the first week in January..

Please note, those on SCHOOLCARE 65+ plans, must self-report their preventive care on the myCigna website.

Slide 19: Omada

Omada is a diabetes prevention program consisting of weight loss goals through healthy eating, exercise, and an online program. Simply click “See if you’re eligible to get started” to see if you qualify. Should you qualify and enroll, you can earn \$100 for completing 16 weeks of the program and an additional \$250 if you lose 5% of your body weight.

Slide 20: Case Management

Case Management is a program designed as a resource in which Cigna reaches out to participants who may need additional support with a chronic condition. Case managers are a valued resource to help guide you to coordinate care and treatment, set goals and support you on making progress. You can earn \$100 for coordinating your care and \$250 for making progress towards a goal. Cigna will reach out to you, but if you are anticipating the need for this resource, you may reach out to Cigna directly at the phone number on your Cigna ID card, 800-244-6224.

Slide 21: Resources:

Thank you for your interest in the SCHOOLCARE **Good For You!** Well-Being Program. We hope to have you participate and benefit from the programs available to you. Please know you can find additional resources at the schoolcare.org website by clicking on the Health and Wellness tile. You'll find additional information including the Frequently Asked Questions, details for using Apps and Activities, as well as many other resources!

If you need any assistance registering for an account or navigating the website, Cigna is there to help you 24-hours-a-day, 7-days-a-week. Please call 800-244-6224. As always, your SCHOOLCARE team is here to help as well. Thank you and be well!