

Open Enrollment 2023

Open Enrollment is the one time of the year you can enroll or make changes to your health benefits. Please review the information and resources included in this flyer to help you make informed decisions!

Are you on the Yellow Plan with Choice Fund?

The Choice Fund is an embedded Health Reimbursement Account (HRA). It covers the first portion of services that apply to the deductible.

- \$1,000 single
- \$2,000 for two-person/family

You must activate your Choice Fund annually!*

If you are **currently enrolled** with SCHOOLCARE/Cigna, take your assessment at myCigna.com between June 1 - July 31, 2023.

If you are **NEW** to SCHOOLCARE/Cigna effective July 1, 2023, take the assessment at myCigna.com between July 1 - August 31, 2023.

**The subscriber must complete the Health Assessment to activate the HRA.*

WHAT'S NEW

Public Health Emergency to End

Effective May 12, 2023, upon the end of the Public Health Emergency declared in March 2020, medical and pharmacy plans will no longer be subject to federal coverage requirements for COVID-19 testing, vaccinations, and treatments. This will impact how COVID-19 vaccines, FDA-approved therapies, treatments, lab work and over-the-counter tests will be covered going forward. SCHOOLCARE will provide more information in an email update at the end of April 2023.

2023-24 Well-Being Program Changes

Beginning July 1, 2023, there are changes coming to the **Good For You!** Well-Being Program, including incentive amounts for employees and spouses, the timing of incentives becoming available and more. Please click through for the 2023-24 Reward Summary or visit: schoolcare.org/wellness-pillars.



Focus on Your Total Health!

From July 1 - June 30, all participants can earn up to \$600 in incentive rewards.

- Biometrics** \$100
- Preventive Care** up to \$250
- Case Management** up to \$350
- Omada** up to \$350
- Healthy Events** up to \$400
- Healthy Pregnancy, Healthy Babies** up to \$250



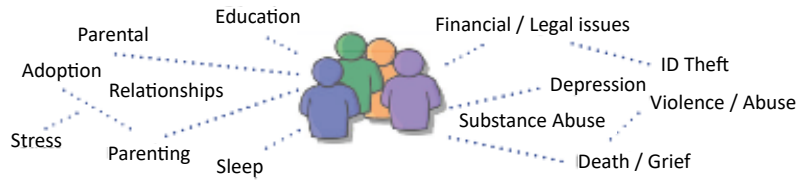
Access all program opportunities at myCigna.com

NOTE: 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.



Employee Assistance Program (EAP)

The EAP is a free, confidential service for covered employees and their household members to help manage work/life challenges and improve well-being.



Access EAP assistance 24/7
call 877-622-4327 or visit myCigna.com

Employer ID: SCHOOLCARE

Live/on-demand seminars are also available at myCigna.

Flexible Spending Account (FSA)

Pay for out-of-pocket health care expenses with pre-tax funds!

- Can be used by a covered spouse or dependent
- Funds are available on the 1st day of the plan year

Ask your employer if an FSA is available.



Save \$30 in taxes for every \$100
set aside in an FSA

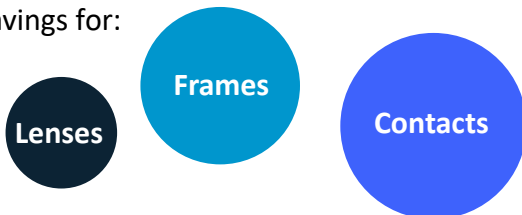
Eligible expenses include
medical, dental, vision and OTC
medications/supplies

Vision



A hardware/lenses plan using VSP's Choice Network plus Walmart, Visionworks, and Pearle Vision.

If offered by your employer, this plan provides great cost savings for:



NEXT STEPS:

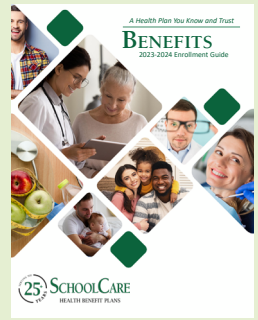
- ☐ Consider any changes such as plan or covered dependents.
- ☐ Complete the SCHOOLCARE Enrollment/Change Form and return it to your employer by May 26, 2023.
- ☐ Consider enrolling in your employer sponsored Flexible Spending Account (FSA), if available.
- ☐ Set a reminder to complete your Health Assessment at myCigna.com.

Learn More About YOUR Benefits

SCHOOLCARE

Visit schoolcare.org/resources-materials to:

- Review the recorded Open Enrollment Webinar
- Choose your Employer from the drop-down list at to access:
 - Enrollment Guide
 - Benefit Summaries
 - Enrollment/Change Form
 - Health Plan Webinars



Cigna

Use myCigna.com or the mobile app to:

- Compare costs of procedures and services
- Find an in-network physician, dentist or facility
- View medical, prescription and dental claims
- Order or print a new ID card
- Access the **Good For You!** Well-Being Program



Stay Current on Your Benefits



Receive up to
2 texts per month
about your health
benefits.

WWW.SCHOOLCARE.ORG

SCHOOLCARE

8:30 a.m. to 4:30 p.m. M-F
603-836-5031

Eligibility & Enrollment, Coverage & Benefits, Program & Claims Support

Cigna

24/7/365
800-244-6224

Claims, Coverage & Well-Being Support