

# Open Enrollment 2026

**Open Enrollment is the one time of the year you can enroll or make changes to your health benefits without a qualifying event. Please review the information and resources included in this flyer to help you make informed decisions!**

## What's New for 2026-27

### Pathwell Bone & Joint

Beginning in July, all SchoolCare/Cigna participants have access to Pathwell Bone & Joint, a condition-specific care program that offers access to designated providers with personalized assistance by a care navigation team to support your path to alleviating joint pain.

### Cigna Personal Health Team

Personalized outreach from Cigna is expanding in 2026-27 with support from Cigna's Personal Health Team and Preventive Care Outreach. These services are built in to your SchoolCare/Cigna health benefits at no extra out-of-pocket costs and are designed to help you stay on top of your health with reminders to schedule important screenings, assistance in managing complex health conditions and support your personal health goals.

### Progyny Fertility Benefit

Beginning July 1, SCHOOLCARE participants will have access to fertility coverage from Cigna's new preferred partner, Progyny. As part of your SCHOOLCARE health benefits plan, Progyny offers coverage for fertility treatment and medications associated with approved treatment cycles as well as nurse support and more.

Learn more on page 5 of the 2026-27 Enrollment Guide at [schoolcare.org/resources-materials](https://schoolcare.org/resources-materials).

## Good For You! Well-Being Program

All SCHOOLCARE subscribers and covered spouses are eligible to earn up to **\$300 per year** in wellness incentives through the **Good For You!**

Well-Being Program. **Good For**

**You!** is designed to encourage participation in healthy activities that promote long-term, sustainable well-being. Below is a brief overview of the activities that earn Wellness Cash rewards updated values for the 2026-27 plan year.

- Preventive Care (up to \$125)
- Biometrics (\$75)
- Activity Tracker Connection (up to \$180)
- Well-Being Challenges (up to \$50)
- Telephonic Health Coaching (up to \$100)
- Omada (\$250)
- Case Management
- Healthy Pregnancies, Healthy Babies (\$250/\$125)

Learn more on pages 12 and 13 in this year's Enrollment Guide.

**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.



## Are you a Yellow Plan with Choice Fund subscriber?

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

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

**You must activate your Choice Fund annually!\***

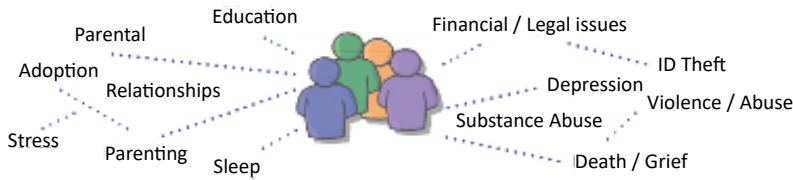
If you are **currently enrolled** with SCHOOLCARE/Cigna, complete your assessment at [myCigna.com](https://myCigna.com) **between July 1 - August 31, 2026.**

If you are **NEW** to SCHOOLCARE/Cigna (effective after July 1), take the assessment at [myCigna.com](https://myCigna.com) within the first 60 days of your effective date.

\* **The subscriber must complete the Health Assessment to activate the HRA. It may take up to two weeks for your HRA to load to your account, so it is important to complete the assessment on July 1 or shortly thereafter to ensure your funds are available for any medical expenses you may incur early in the plan year.**

## 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](http://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 1<sup>st</sup> 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:

- Frames\*: \$150 allowance (\$200 for featured brands)
- Lenses: \$25 co-pay
- Contacts: \$150 allowance (in lieu of glasses)

\*every other year



## NEXT STEPS:

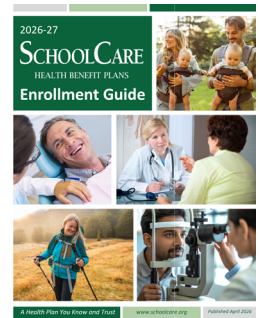
- Consider any changes such as plan choice or covered dependents.
- If making changes, complete the SCHOOLCARE Enrollment/Change Form and return it to your employer by your deadline.
- Consider enrolling in your employer-sponsored Flexible Spending Account (FSA), if available.
- Set a reminder to complete your Health Assessment on July 1 at [myCigna.com](http://myCigna.com) to unlock your HRA if applicable or to earn your well-being incentives for the year.

## Learn More About YOUR Benefits

### SCHOOLCARE

Visit [schoolcare.org/resources-materials](http://schoolcare.org/resources-materials) to:

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



### Cigna

Use myCigna.com or the mobile app to:

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



## Stay Current on the Latest



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[schoolcare.org](http://schoolcare.org)



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

## 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