



SCHOOLCARE

HEALTH BENEFIT PLANS

Open Enrollment 2025

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

Updates Coming to *Good For You!* and Health Assessment

The *Good For You!* Well-Being Program is getting a refresh for 2025-26. Along with updates to program features and how you can earn wellness cash, **there's an important change to the online health assessment – it will not be available until July 1st**. The health assessment is required to earn wellness cash and to load the Health Reimbursement Account for the Yellow Plan with Choice Fund. Please review the remainder of this flyer more details about these changes.

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 **between July 1 - August 31, 2025**.

If you are **NEW** to SCHOOLCARE/Cigna (effective after July 1), take the assessment at 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.**

2025-26 *Good For You!* Well-Being Program

The *Good For You!* Well-Being Program is being enhanced to provide even more flexibility to meet you at any stage of your health journey – whether to make large or small improvements or simply maintain good health. All SCHOOLCARE subscribers and covered spouses remain eligible to earn up to \$600 per year in wellness incentives through a blend of the programs you have come accustomed to, as well as new features designed to encourage you along your path to good health and wellness. These include:

Continuing Goals:

- Biometrics
- Preventive Care
- Case Management
- Omada for Prevention
- Telephonic Health Coaching
- Self-Reported Healthy Events
- Healthy Pregnancies, Healthy Babies

New Opportunities:

- Device and app integration to earn rewards for daily steps, sleep and exercise minutes
- Completing Journeys that help you make changes to your health one-step-at-a-time
- Inviting friends and colleagues to participate in challenges to motivate each other to build new healthy habits – and much more!



Access to the new well-being experience will be available at myCigna.com beginning July 1, 2025!

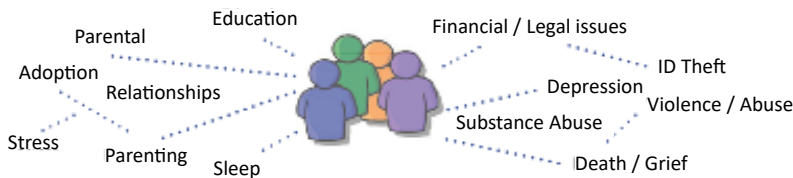


Learn more in this year's Enrollment Guide and more information will be available soon at schoolcare.org/wellness-pillars

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

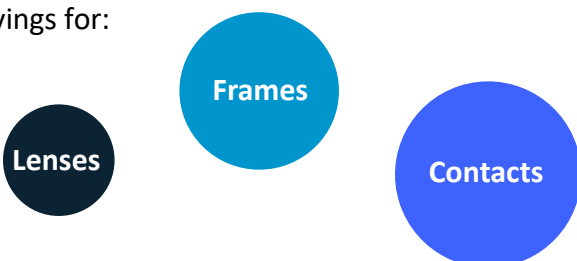
Eligible expenses include medical, dental, vision and OTC medications/supplies

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 choice or covered dependents.
- ☐ Complete the SCHOOLCARE Enrollment/Change Form and return it to your employer by May 23, 2025.
- ☐ 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 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 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:

- 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 Your Benefits



@nhschoolcare



@nhschoolcare



@schoolcarenh



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