

# Prepping for the Relax, Renew, Refresh Steps Challenge

SCHOOLCARE participants wishing to join the Relax, Renew, Refresh two-week steps challenge during this year's Well-Being Recharge must be registered to use the Wellness platform found under the Wellness menu at [mycigna.com](https://mycigna.com) or in the myCigna app. Below are a few steps to get started. If you're already registered, [read more here](#) for some pre-challenge tips to get the most of it.



## Do you have a myCigna login?

Most SCHOOLCARE participants do! But if you have not created a myCigna account, go to [mycigna.com](https://mycigna.com), click **Register** and follow the steps.

## Have you connected to the Wellness Portal?

In July 2025, SCHOOLCARE and Cigna launched an updated **Good For You!** Well-Being Program with a robust, interactive platform found under the Wellness menu at myCigna.com and in the Cigna mobile app. If you have not registered to use this program yet, it is required to participate in the steps challenge. You must also **complete the Health Assessment if you wish to earn Wellness Cash for your efforts**. Find step-by-step instructions below to connect to the Wellness Portal and complete the health assessment.

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## Have you completed your Health Assessment since July 1?

If you're already connected to the Portal but haven't completed your Health Assessment this year, **login to [mycigna.com](https://mycigna.com)** or the app, click on **Wellness** in the menu and click on **Health Assessment** under the **Health** tab. If you've already completed the assessment, your completion date will be displayed, otherwise, you can complete it today.\* The health assessment is confidential and takes just 10-15 minutes to complete.

*\*It may take a few days for the assessment to reflect as completed and unlock your Wellness Cash, but you can start participating in activities immediately.*

## Have you downloaded the Cigna app to your mobile device?

Using the Cigna app during the steps challenge will provide the best user experience. Use it to sync your steps between your fitness tracker and the challenge or to upload your steps or other fitness activities manually. [Use this guide to help you connect your tracker.](#)



Need help registering your myCigna account or accessing the Wellness Portal? Contact Cigna at 800-244-6224. There is also a [Support Page for Wellness Portal related issues.](#)