

Prevention Paves the Way to Well-Being

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Hi everyone, I'm Jessica Mongeau and I'll be talking about one of the six basics of healthy living, which is prevention. Our Good For You! Well-Being Program is built around six basics of healthy living, which are integral parts of your overall health and a large part of your medical plan benefits. As you participate or even begin to learn about the well-being program or other programs available to aid you in your holistic health, you'll see each and every one helps you in maintaining good health or lowers your risk to help prevent serious disease.

Preventative health care has numerous benefits and the numbers are astonishing, showing that 80% of heart disease, stroke, and Type 2 diabetes are preventable, as well as 40% of cancers. Catching things early can drastically increase our lifespan and ability for treatment. Are you familiar with the term preventative maintenance? It means to regularly and routinely maintain things to keep them running. If you think about it, we are all in a continuous cycle of maintaining the things in our lives to help prevent them from wearing out or needing to be replaced. Sometimes it feels overwhelming trying to keep up with everything and often it's ourselves that get taken care of last.

Some ideas for your own preventive maintenance to recharge and stay healthy are to maintain a healthy balanced diet, making healthy foods for and with the people you love can help you stay on track. Staying fit physically, meaning exercising with someone, or simply regularly, helps. Staying fit mentally by writing down your thoughts and reflecting on what you're grateful for or sending a card to someone you're thinking about. Celebrating things like birthdays, anniversaries, a promotion, or reaching a goal all help maintain positive mental health. Lastly, the most important, is for going for regular health screenings and a relationship with your primary care provider, or also known as your PCP, enables you to determine what preventive screenings and vaccines are needed specifically for you at the different periods of your life.

Let me show you a few of the programs available to help take care of you.

So, most of you have visited myCigna.com or perhaps downloaded the myCigna mobile app. If not, now is a great opportunity. Located on your myCigna account is a "Wellness" tab, which enables you to go into all your wellness and incentive benefits. Once on your wellness page, I wanted to highlight that subscribers can earn up to \$800 per plan year. Spouses and 65+ retirees can earn up to \$400 per plan year. We always like to direct you to "View All Incentives."

Once here, you have the ability to hit the blue arrow to see everything available to you at that point in time. The first goal in our **Good For You!** incentive program is to complete a confidential health assessment. This really enables you to get a good picture of your current health and well-being and provides you the opportunity to take this information and share it with your PCP. It's a great first step in prevention.

Below this is a full list of all the different incentives that you have available to you. Not shown here is healthy events. These are great initiatives in which you can self-report any healthy initiative you've done throughout the plan year each quarter. New this year is the ability to add more preventive care, because of the importance on your overall health and now shows that you can report both eye and dental exam each plan year.

Next on the list for preventive care is Biometrics. To dive in a little deeper, biometrics are available all plan year and you get \$150 for completing them. Anytime between July 1 and June 30th each plan year, we allow you to get that screening to earn this incentive. There are now three options available, starting January 2022, to obtain your biometrics.

The first of course is to work with your primary care physician to have your biometric orders done through a Quest or a Labcorp facility. This makes it really easy, because not only is the data shared with your primary care provider, but it's actually sent to your myCigna account in which you automatically get your \$150 incentive. If your doctor is looking to send your lab results elsewhere, once they are obtained you can have them complete a Physician Lab Form and send that in using one of the three options on the top right-hand corner. And once that is submitted and entered into the myCigna program, you'll earn your incentive.

And the newest as of January 2022, is the Quest Patient Service Center. This is available to all subscribers, covered spouses, and 65+ retirees, and there is no cost to go to one of these centers. And participating is really easy. First you would go to my.questforhealth.com and you'd be prompted to enter the following registration key - **SchoolCare2022** and it is case sensitive. Next you'll confirm your eligibility, complete a quick questionnaire, and then you're able to schedule your 15-minute appointment.

We do recommend for these appointments that you do fast the day before. This allows you to take a fasting blood draw to obtain your most accurate cholesterol and glucose numbers. You'll also have your blood pressure reading done and a height, weight, and waist circumference measurement. Within one week of your visit, you'll automatically see that \$150 cash incentive available on your myCigna account. Anyone who wants to learn more about this option, I direct you right back to our news page to see the links about Quest and any other preventive care that you're interested in.

Lastly is preventive care. Starting in January every plan year, preventive care incentives starting back from July 1st will automatically get populated onto your account. Up to four of them per plan year from the below list of screenings will earn you a \$75 incentive each. Please note that anything taken after January will take four to six weeks to show as completed on your myCigna account. But up to four of those will get paid out with a total of \$300 towards your \$800 goal each plan year. Please note if you are a 65+ plan participant to refer to the preventive care flyer under the Health and Wellness page on schoolcare.org. for more information.

We hope you take away from this video the importance of self-care and how having a relationship with your PCP can help you maintain good health. If you're looking for more inspiration or options available to help meet your health goals please be sure to check out our website for additional short videos, we call them "Snippets" and other resources.

Be well.