



**Good For You!**

Well-Being Program by SCHOOLCARE

## Put Your Health First with Preventive Care

Earn up to \$300 for physician recommended annual preventive services. \*

### Services Right For YOU

Starting January 2022, you can view recommended services by logging into your [myCigna](#) account and clicking **View my incentives** on the homepage. Click the **Goals** tab and scroll down to see what's available:

- |  |   |
|--|---|
| <input type="checkbox"/> Physical Exam             | <input type="checkbox"/> Mammogram              |
| <input type="checkbox"/> OB/GYN Exam               | <input type="checkbox"/> Flu Shot               |
| <input type="checkbox"/> Prostate Screening        | <input type="checkbox"/> Colon Cancer Screening |
| <input type="checkbox"/> Cervical Cancer Screening |   |

**\$75 each, up to 4 per plan year.**

### Complete Preventive Care Between 7/1/21 and 6/30/22

**Cigna Medical Participants:** The incentive is awarded through a claim processed by Cigna. Completion will be reflected in your [myCigna](#) account starting **January 2022**.

**SCHOOLCARE 65+ Retirees:** Must self-report completion in your [myCigna](#) account beginning January 2022.



**NOTE:** Incentives earned will be paid out at the end of Quarter 3.

\* Preventive services are covered at no cost to you under the SCHOOLCARE/Cigna medical plans.

*NOTE: Cash incentives, payments, and rewards are available upon completion of the Health Assessment annually. Amounts paid to wellness program participants are taxable income. Please review with your tax consultant for more information.*

**Questions?**  
Call Cigna at 800-244-6224.