



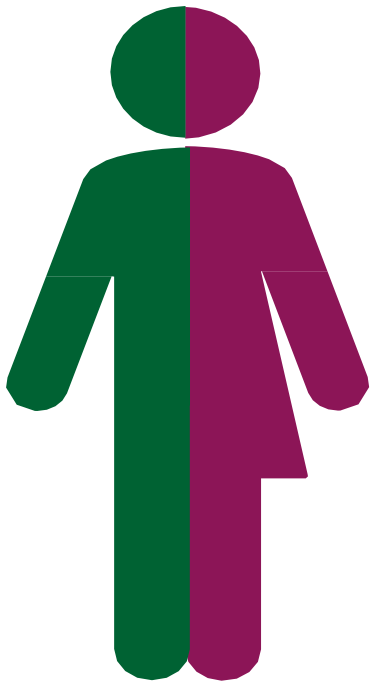
PREVENTIVE CARE



Good For You!

Wellness programs by SCHOOLCARE

Put your health first with preventive care exams, screenings and flu shot!



Reinforce Good Health

Earn **\$75** for each (max \$225) physician recommended annual age and gender specific preventive service.*

- Physical Exam
- OB/GYN Exam
- Prostate Screening
- Cervical Cancer Screening
- Mammogram
- Colon Cancer Screening
- Flu Shot

(Includes vaccine received at on-site clinics)

Services Right For YOU

View services that fit your needs by logging into your myCigna.com account and accessing your **Good For You!** incentives under **Wellness > Incentive Awards**. Click the **Goals** tab and scroll down to see what's available.

Complete Preventive Care Between 7/1/19 and 6/30/20

Cigna Medical Participants: Completion will be reflected in your myCigna account 4 to 6 weeks following claim processing.

SCHOOLCARE 65+ Retirees: Must self-report completion in your myCigna account.

NOTE: The incentive will be paid out at the end of Quarter 3 (same as prior years).

* Preventive services are covered at no cost to you under the SCHOOLCARE medical plan.

NOTE: Cash incentives, payments, and rewards paid to wellness program participants are taxable income. Please review with your tax consultant for more information.

Questions?
Call Cigna at 800-244-6224.