



PREVENTIVE CARE



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

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

Services Right For YOU

Starting **January 2021**, you can view recommended services by logging into your [myCigna](#) account and clicking **View my incentives** on the homepage to access **Good For You!** wellness programs. Click the **Goals** tab and scroll down to see what's available.

Complete Preventive Care Between 7/1/20 and 6/30/21

Cigna Medical Participants: The incentive is awarded through a claim processed by Cigna. Completion will be reflected in your [myCigna](#) account starting **January 2021**.

SCHOOLCARE 65+ Retirees: Must self-report completion in your [myCigna](#) account beginning January 2021.

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

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.