

Quarter 4 Well-Being Opportunities at myCigna

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1. Hello this is Jana Dalton one of SCHOOLCARE group relations specialists. Welcome to a quarter 4 review of the **Good For You!** Wellness program. We are just beginning this final quarter of the plan year which runs from April 1st through June 30th this video will review the highlights of the program and the activities available to participants in quarter 4.
2. Before we get into the details please take note that SCHOOLCARE has a Welcome video available to watch at our website. The video covers the program in its entirety reviewing the available programs throughout the plan year and how participants can earn their full incentive amount. The video is available at schoolcare.org under the Health and Wellness tile. We recommend viewing this first to get a better understanding of how the program works. You will also be receiving an email from us containing a link to the **Good For You!** quarter 4 newsletter which is full of helpful information.
3. Now we'll focus in on the opportunities available for quarter 4. There are numerous incentives that subscribers and their spouses can earn during this quarter such as biometrics, preventive care, health coaching both online and telephonic, omada a lifestyle change program, apps and activities, and healthy events. Note here that you can access our quarter 4 newsletter at schoolcare.org under the Health and Wellness tile. As a reminder or for anyone just starting to participate in the program, the **Good For You!** wellness programs are housed on the myCigna website or the myCigna mobile app available from your app store.
4. Here we see the online home page. Simply click on View my incentives from the home screen. The incentive awards screen provides you with two features- an overview area and goals section as shown on the left of the screen. The graph on the right shows the total incentives earned currently and the total available balance underneath you can reference all programs completed along with the incentive earned and the date of completion let's now click on goals to see further details.
5. On the goals page here, you can see this participant has completed her health assessment. She has therefore received the green check mark and the date of completion is noted here. It is important to remember that each person must create their own login and complete a confidential health assessment within the **Good For You!** wellness program in order to receive any incentives for quarter 4.
6. We are focusing on continuing healthy habits in our personal lives during this final quarter of the plan year. One activity to consider participating in is online or telephonic health coaching. Within your list of available goals find the health

coaching topic that you'd wish to seek support for, then click on let's get started to learn how to get connected. Begin participating in online health coaching by first setting up a WebMD account. Cigna partners with WebMD to provide a wide scope of health topics and trusted support. Once you have set up your WebMD account you can then choose the health goal or goals, you'd like to focus on with your health coach. As you can see from this image there are multiple topics to choose so you can find areas that interest you most. This example shows the goal of conquering stress. The details note that it is a four-week goal that it requires you to use a stress tracker to record a low level of stress on 21 out of 28 days. You would create that goal then start the plan noting the start and end dates for this goal. The third question here provides a way to personalize the goal even more by asking how often the participant was able to manage stress over the last two weeks.

7. This slide shows you what it looks like to track progress towards this conquering stress goal on a regular basis. This one asks whether you were able to focus on positive thoughts on that day. Online health coaching is a fun way to be able to receive specific support on a goal that suits your personal needs best and in a fun and engaging way. Please explore this option if you have not done so already.
8. If you're more interested in exploring a telephonic health coaching option, there are other topics available for this specific goal. The various topics are noted within each outlined goal area. So simply read the details noted for each within the description. You begin to access telephonic health coaching by simply calling the 800 number for cigna within the website or on the back of your id card (800-244-6224).
9. Another option to explore is the Omada program. Omada is a diabetes prevention program that guides people in setting and meeting weight loss goals through healthy eating, exercise, and an online support program. There are two ways to earn incentives for Omada participation - you could earn a hundred dollars if you complete 16 lessons within a 26 week period as well you could earn 250 dollars if you succeed in reducing your weight by 5% per the guidelines of the program. Please follow the link noted here to see if you are eligible.
10. Another activity that is available again here in quarter four is called healthy events. You can complete up to three healthy event activities each quarter of our **Good For You!** program. This provides an opportunity to self-report any positively healthy events that you are taking part in. Click on report my goal activity and this second box opens up fill in the toggles for month day and year for either the event itself or the end date of the month in which you completed the activities. Click on the box to certify that you are telling the truth then submit. It's as easy as that. The green box here indicates the types of healthy events that qualify you to earn this incentive.

11. Another way to report physical activity is through the apps and activities option. The system allows you to track and record your fitness goals or set up group challenges from the apps and activities option. Simply click on start now this will bring you to the apps and activities page where you can set up activities that allow you to self-report activity you are doing or set up an activity that tracks any activity through your fitness device. We have resources on our website that can support you further if needed.

12. There are multiple options available to you to track your healthy activities and earn incentives within our **Good For You!** Wellness program. We hope you can find activities that help you achieve your personal goals and further your healthy lifestyle to support your efforts. We have set up a wide range of resources to try and answer any questions you may have about our program. Please seek out these resources on our schoolcare.org website so you can maximize your participation in our program. I hope this webinar has been helpful and allowed you to learn something new about activities available to you here in quarter 4. If you need immediate assistance in registering for a myCigna account, please call 800-853-2713. Then for any other questions about navigating the **Good For You!** website at myCigna please call Cigna directly at 800-244-6224. And as i've mentioned before our schoolcare.org website has many other resources available for you to explore and learn even more details. Thank you for joining me and have a great day!