



Good For You!

Well-Being Program by SCHOOLCARE



Commit to Well-Being with Healthy Events

Earn up to \$300 for participating in wellness activities that support total health

Choose To Fit Your Lifestyle



Exercise

- Fitness Classes
- Activities such as:
 - Running Biking
 - Gardening Hiking
 - Swimming Team Sports
- Monthly Workouts



Stress & Sleep

- Mindfulness Activities, such as:
 - Meditation Coloring
 - Breathing Therapy
 - Journaling Affirmations
- Volunteering



Food & Weight

- Nutrition Counseling
- Weight Management Programs



Prevention

- Prenatal Classes
- CPR/AED Training Programs

Report Healthy Events

- Log into your [myCigna account](#)
- Click on the “Wellness” tab
- Click “View all incentives” link below the “Incentives Spotlight”
- Click on the list of incentives to reveal *all available incentives* and scroll down to “Healthy Event”
- Click on the “Healthy Event” for the current quarter
- Input the goal completion date and check the box to certify the information is true

\$25 per activity, maximum \$75 per quarter

Questions? Call Cigna at 800-244-6224

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