



Good For You!

Well-Being Program by SCHOOLCARE

Put Your Health First with Preventive Care

*Earn up to \$350 for physician recommended
annual preventive services*

Services Right For YOU

Starting in February 2023, you can view recommended preventive services by logging into your [myCigna](#) account and clicking on the “Wellness” tab. Click “View All Incentives” under the Incentive Spotlight and click the list of goals to 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 | |

Complete Preventive Care Between 7/1/22 and 6/30/23

SCHOOLCARE/Cigna Medical Participants: Preventive incentives¹ are awarded through claims processed by Cigna. Completion will be reflected in your myCigna account starting February 2023.

SCHOOLCARE 65+ Plan Participants: Must self-report completion in your myCigna account beginning February 2023.



NOTE: Incentives earned will be paid with Quarter 3 completed goals.

Self-Report Preventive Care

NEW! All SCHOOLCARE/Cigna medical plan and SCHOOLCARE 65+ plan subscribers and spouses can self-report routine eye and dental exams² as part of preventive care (formerly Self-Reported Healthy Events). Exams may occur anytime between 7/1/22 and 6/30/23. Reporting starts in February 2023.

To report:

- 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 “Preventive Care”
- Input the exam completion date and check the box to certify the information is true

¹ \$75 each, up to 4 preventive services per plan year

² \$25 dental & eye exams, 1 each per plan year

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.