



Good For You!

Well-Being Program by SCHOOLCARE

Improve Mental Health With Well-Being Support

*Earn up to \$75 per year for using
your Employee Assistance Program*

Real Support for Real Life

SCHOOLCARE's Employee Assistance Program (EAP) provides access to emotional health and family support, home life referrals, financial and legal assistance, job and career support and more. All SCHOOLCARE subscribers and covered spouses can self-report use of up to three EAP resources per plan year beginning July 1st.

This includes:

- Watching a live or recorded EAP webinar
- Speaking with an EAP counselor
- Participating in a ½-hour legal or financial consultation
- Finishing a wellness track in the Happify App
- Completing a lesson series in the iPrevail program

Self-Report Use of EAP Resources

- 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 "Mental Well-Being Support"
- Input the completion date and check the box to certify the information is true



SCHOOLCARE's EAP is confidential and available at no cost to anyone who shares the subscriber's address. Call anytime, any day 1-877-622-4327 and use Employer ID "SCHOOLCARE", or visit myCigna.com and click on "Employee Assistance Program" under the "Coverage" menu.

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