



**Good For You!**

Well-Being Program by SCHOOLCARE

## Learn Your Numbers For Optimal Health

*Earn \$150 annually for completing  
a biometric screening*

Biometric screenings are short health exams that include bloodwork, blood pressure and body measurements, which is key data to reduce health risks and improve overall well-being.

### Obtain your numbers:

#### Physician ordered:

- If ordered at a Quest or Labcorp facility, data will automatically transfer to your myCigna account within 10 business days
- If ordered at an alternate facility, ask your physician to complete a Physician Lab Form then submit to Cigna for incentive

#### Self-ordered labs:

- SCHOOLCARE has partnered with Quest Patient Services Centers (PSCs) to allow all subscribers and spouses to self-register for biometric screenings. This data will automatically transfer to your myCigna account within 10 business days.

### How to register\* with a Quest PSC

1. Visit [my.questforhealth.com](https://my.questforhealth.com)
2. Enter Registration Key:  
Schoolcare2023
3. Confirm eligibility & complete questionnaire
4. Schedule: Choose a 15-minute appointment from available PSCs

*\*If you registered with Quest in 2022  
you can sign in with your previously  
established credentials*



**Subscribers and covered spouses can each earn a \$150 incentive for obtaining biometrics this plan year (between July 1 and June 30).**

**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.*