

Wellness Cash Incentives

All SCHOOLCARE subscribers and covered spouses are eligible to earn **up to \$60 in Wellness Cash*** tied directly to participating in the **Relax, Renew, Refresh Steps Challenge**. There are numerous other ways you may earn Wellness Cash dependent upon how active you've been with the **Good For You!** Well-Being Program since July 2025.

Wellness Cash available for the steps challenge:

- \$5 Join the Challenge
- \$10 if you create a team and recruit 4 friends
- \$10 if you track at least once a week during both weeks
- \$10 if you post a chat comment at least once a week during the challenge
- \$5 when you unlock your first stage
- \$20 if you reach the final stage

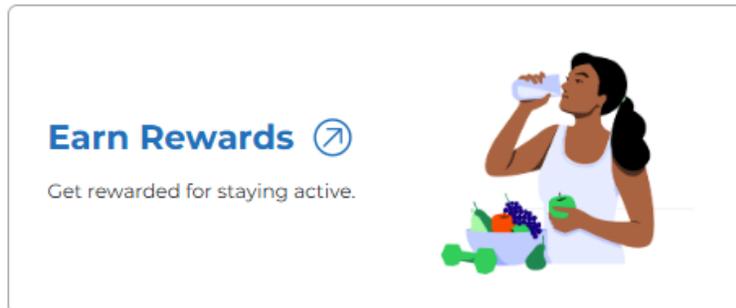


Additional rewards **you could earn** dependent upon your participation since July and actions completed during the challenge:



- \$10: Completing your Health Assessment
- \$5: First time tracking Healthy Habits 5 days in a month
- \$5: Add 5 friends from SCHOOLCARE/Cigna
- \$5: Track healthy habits at least 10 days in a month
- \$5: Track steps at least 10 days in February and more

[Login to myCigna](#), navigate to the **Wellness menu** and click or tap on **Earn Rewards** for a full list of Rewards you can earn with the **Good For You!** Well-being Program (up to \$600 for the year).



**Participants who've already earned their max \$600 in Wellness Cash for 2025-26 are ineligible to earn additional Wellness Cash during the challenge, but are eligible to win prizes outlined on the next page.*

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.

Top Stepper Prizes

Winning Team

SCHOOLCARE Wellness Package

Each participant will receive a package that includes: a salad shaker cup, desktop humidifier, gel hot/cold pack, set of three resistance bands and a lavender scented neck and shoulder heat therapy wrap



First Place Individual Stepper

Choice of one item:

- Kneado Massage Gun
- iHome Zenergy Sunrise Sleep and Sound Machine or
- Cuisinart Evolution X Cordless Compact Blender



Second Place Individual Stepper

Phillips Sonicare Electric Toothbrush



Third Place Individual Stepper

40oz insulated tumbler & salad shaker cup



Raffle Prizes

Each week of the challenge, five participants will be drawn at random to win their choice of one of the pictured items. Total: 10 winners



Desktop humidifier with USB fan and light attachments



Foldable 52"x47" fleece and water-resistant backed picnic blanket



Adjustable nylon and neoprene running belt



Lavender-scented warming neck and shoulder therapy wrap



Salad shaker cup with dressing cup and fork



Set of three resistance bands



Wireless ear buds