



# Take Control of Your Health - Schedule a Biometric Screening Today

Your annual biometric screening helps establish a baseline for your health and evaluates your risk for a variety of health concerns, many of which can be prevented with early detection and lifestyle changes. This important preventive care screening is no-cost to you and can earn you \$100 in **Good For You!** Well-Being Program cash incentives.



*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.*

## Join Us to Learn More About Your SCHOOLCARE Benefits

SCHOOLCARE's 2024 Well-Being Recharge is underway. This is an annual learning opportunity for SCHOOLCARE participants to find out more about their health benefits, including:

- New or enhanced program offerings
- Tips on how to maximize your benefits
- Guidance on how to earn your \$600 in **Good For You!** Well-Being Program cash incentives

Catch up on the articles and enter this week's raffle at [www.schoolcare.org/resources-news](http://www.schoolcare.org/resources-news).



## Schedule your biometric screening at a Quest PSC in 3 easy steps

- 1 Register for a Quest Diagnostics account (Registration Key: SCHOOLCARE2024) at [my.questforhealth.com](http://my.questforhealth.com).\*
- 2 Confirm eligibility and fill out the questionnaire to complete your account set up.
- 3 Under Wellness Screening, click the "Schedule a Screening" button. Choose your location, date and time. Appointments take about 15 minutes and your results can be sent directly to you and your PCP.

*\*If you registered with Quest in 2022 or 2023, sign in with your previously established credentials. Completion of your screening will automatically transfer to your myCigna account within 10 business days and your **Good For You!** incentive will automatically be awarded within a few weeks.*

## Enter to win a bonus raffle

Visit the URL below to enter to win a Cuisinart Table Top Fire Bowl. One winner will be drawn at random at the end of the Recharge – Tuesday, February 13<sup>th</sup>.

[bit.ly/sc-fire-bowl](http://bit.ly/sc-fire-bowl)

