

***Good For You!* Create A Steps Challenge At myCigna.com**

Lisa Duquette:

Welcome back to the ***Good For You!*** wellness programs by SchoolCare. In this video we'll show you how to use the Apps & Activities portion of the program at myCigna to create a steps challenge and sync your device or app.

Before we get started, I'd like to cover a few fundamentals of the rewards program for Apps & Activities. The first is you need to commit to a minimum of four days per week of an activity that will help you achieve your personal wellness goals. Then you need to be sure to follow through at the end of each week in order to be sure your activities are recorded and you're earning stars towards your incentive.

To earn incentives, you'll need to achieve 20 stars. 20 stars equals \$50. Each week you'll earn stars based on the percentage of your activities you complete. If you complete 20% of your weekly goal you earn 1 star, if you attain 80 to 100% percent of your weekly goal, you'll achieve 5 stars. Those who achieve 5 stars each week over 4 weeks will earn \$50 dollars for their activity.

You can earn up to \$400 per year. And don't worry if you finish an activity but don't earn all 20 stars, maybe only achieving 50% of your goal, you'll have 10 stars that will carry over to your next challenge.

If you'd like more information about the Apps & Activities check out Cigna's how-to guide on the SchoolCare website using the link shown in this video.

So, as we said the first step is to commit to a minimum of 4 days per week of activity. You start the program by logging into myCigna.com, navigate to the Wellness drop-down and under that select Apps and Activities. You'll then be directed to the Apps and Activities homepage or dashboard.

On that page, select "Challenges" where the lightning bolt is shown on the left-hand side. Then you'll see a screen that says "Are you ready for a challenge? Create A Challenge." Press the plus key next to "create." And then scroll down until you see the "Step it up challenge". It's very important to choose this challenge because this is one of the few challenges that allows you to sync an app or device and track your steps. Once you've selected Step it up you choose your metrics.

So, you name your challenge. All challenges start on a Monday so it's very important to know that if you don't start a challenge on a Monday, it will not begin until the following Monday. You need to be sure to choose a minimum of four weeks and then select "Create challenge".

You do have the option to invite friends to your challenge, but this is not required if you choose not to do so just click "View challenges" on the bottom right hand side. You'll then be back to the challenges main screen where it says, "looks like you don't have any activity for this challenge yet, would you like to add one?" And right there you should press the plus sign next to that message then select the number of steps per day that you're setting as a goal. In this case we chose 10,000 steps so you're committing to at least four days a week of achieving 10,000 steps each of those days.

You're almost there, you just need to be sure that you have your app or device connected. So, if you haven't already done so we'll show you how to do that in the next slides. We recommend that you sync your device or activity each Saturday or Sunday to be sure that your activity is being recorded.

To connect your app or device, up in the top right-hand corner you'll see initials probably representative of your name and under that you want to click Apps & Devices. Then a pop-up screen will show, and you can connect an app.

In this example we're choosing Fitbit and you'll be prompted to enter your Fitbit credentials including your username and password. Once the challenge begins you will see your activity syncing. Once your activity begins to sync, in this case you'll see completion of 25% of your activity and earning two stars. As the week progresses, hopefully you'll continue to see that you've completed your goals and additional stars will be rewarded. Remember 20 stars equals \$50 dollars.

It's as easy as that to get started, but you may still have questions. If you need technical assistance, please contact Cigna at 1-800-853-2713.

If you have questions about other components of the SchoolCare wellness program, please do not hesitate to call Cigna at 1-800-244-6224 or you're always welcome to email SchoolCare at goodforyou@schoolcare.org and we'll be happy to provide you with some direction.

Thank you and have a great time on your journey towards well-being.