

## ***Good For You!* Create A Walking Activity At myCigna.com**

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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. This would allow you to create a walking activity and manually track progress while earning cash incentives.

Before we get started let's start with the basics. The first is that to earn incentives you must commit to four days per week of activity to help you achieve your personal wellness goals. You'll need to follow through at the end of each week in order to earn stars through completion of your activities. Once you've reached 20 stars, you'll earn your reward. 20 stars equals \$50 and if you complete 100% of your goal activities each week for four weeks you will earn \$50. Don't worry though, if you don't complete all your activities you don't lose stars just start a new program for the next four weeks and begin earning more stars. They are accumulative.

If you'd like to learn more about the Apps & Activities, SchoolCare has CIGNA's how-to guide posted on our website just use the link in this video.

So, as we said the first step is to commit to a minimum of four 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 & Activities. You'll then be directed to the Apps & Activities homepage or dashboard. On that page select "Challenges" where the lightning bolt is shown on the left-hand side. You'll then see this screen that says, "Ready for a challenge?" and click the plus sign next to "Create" to start your challenge.

In this example we're selecting "Go for a walk". Go for a walk requires you to manually track activity each week. It does not integrate with either a device or app.

You'll be prompted to go through several other selection screens. You get to choose from your metrics times per day, minutes per day, miles per day, or in this example we chose steps per day. Then remember that you need to choose a frequency how many days per week you're going to do this activity. At least four days per week if you'd like to earn cash incentives on the number of steps per day that you'll be taking. We chose 5000 in this example, but there are many more choices to meet you where you are in your path to wellness. Then click "Add activity".

You're now back at the home screen and you can see that you've got the activity started, but you haven't completed it yet. What is important to note is that all challenges start on Mondays, so if you create the activity any other day of the

week you will have to wait until the following Monday to begin tracking your activity.

The next is the follow-through. At the end of each week you'll receive stars based on the percentage of activities you completed. So, step one is to click the plus sign next to "Walk for 5000 steps" and record the day of the week that you completed that activity. In this example we chose Thursday for 5000 steps and then would click "Confirm". What's important to know about the weekly tracking is that your week does run from Monday through Sunday and Sunday is the last day to track activity completed for the current week. If you wait until the following Monday, you will not be able to track activity for the previous week. The data will show on your dashboard for which days of the week that you completed the activity.

We're back at the homepage or dashboard for Apps & Activities and you can see that after recording activity on Thursday we are 25% completed for the week for activities because we chose four days and stars will populate. 25% equals two stars. Again, this just shows you the 25% bringing it back to the star breakdown that I showed you at the beginning and then showing you how that's tracked towards your 20 stars to earn \$50 dollars.

You can also look at the status of your stars at any time by clicking on the "Rewards" where the star is on the left-hand side of your page and you will also see here how you're moving toward reaching your 20 stars.

We hope you enjoy tracking your activity. If you have any questions or need assistance with registering an account, please call Cigna at 1-800-853-2713.

For all other questions regarding the SchoolCare wellness program do not hesitate to call Cigna at 1-800-244-6224 or feel free to send an email to [goodforyou@schoolcare.org](mailto:goodforyou@schoolcare.org) and we would be happy to provide you with some direction. Have a great day.