

View Preventive Care Goals in myCigna

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Getting your preventive and routine screenings is a way we can be a little more in control during these uncertain times. I'm Jeff Kantorowski with SCHOOLCARE and I want to share the importance of routine screenings with you. After waiting several months due to the pandemic last fall, I finally had my routine physical and biometric blood work done. I'm happy to report all as well, but one of the numbers on my blood work was higher than normal. Just recently I had blood work done again, and everything is fine. The point is, by knowing my numbers, I was able to see that something was inaccurate, and retesting confirmed it was an anomaly. I went ahead and had my physical and blood work and now I feel confident that things are good.

I know some of us feel reluctant to step into a doctor's office for a routine screening, especially during the pandemic but now there's no reason to hesitate. Most physician offices are open for patient visits and preventive exams. Call your doctor and get the details. Or, if you're still unsure you can set up a virtual routine screening using MDLive through the myCigna portal. Let me show you how to find it.

To set up a virtual provider visit for preventive care, medical care, or mental health, log in to myCigna and click on the Find Care and Cost tab in the menu bar. Scroll down to see more, then click on talk to a doctor or nurse 24/7 and view details. Here you can connect virtually with a provider for any number of services including preventive care.

SCHOOLCARE offers incentives through the **Good For You!** well-being program for completing a variety of preventive exams, with mammograms, colonoscopies, prostate screenings, physicals and OB-Gyn visits just to name a few. To view your *Good For You!* Incentive goals and rewards, go to the Wellness tab and click on Wellness and Incentives. Scroll down and view all incentives. Preventive care and screenings incentives are listed near the top.

So, there you have it! Looking after yourself is a keyway to feel a little more empowered and in control during these times and completing your preventive screenings can give you an added peace of mind! Thanks for watching and we'll see you again soon on a SCHOOLCARE snippet.