



SCHOOLCARE's Three Pillars of Wellness; **Understand YOU**, **Take Action** & **Stay Active** help **EMPOWER** you to make healthy lifestyle choices, take small steps toward changing behaviors, and **ADVOCATE** for yourself and the well-being of others.

### Understand YOU



Build Awareness of your own personal health and wellness

### Take Action



Educate yourself on your own personal health and well-being

### Stay Active



Make Physical Activity part of your lifestyle

## SCHOOLCARE's Philosophy

These programs focus on the Subscriber and spouse. We designed the program to help educate adults on their health and wellness in hopes that the habits would then be passed on to their dependents.

## What does well-being mean to you?

Choose activities best suited for your own personal health & wellness goals. We are each uniquely motivated. The three Pillars of Wellness offer *Awareness, Education, and Physical Activity.*

## SCHOOLCARE's Commitment

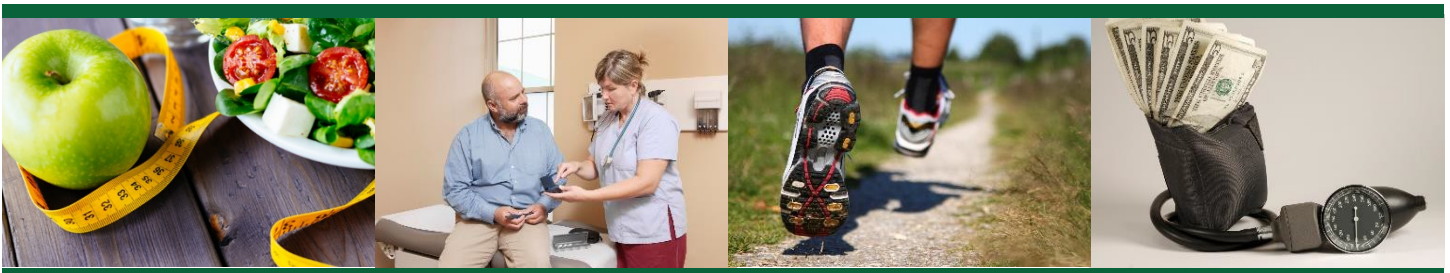
**Good For You!** is our commitment to your health and well-being. SCHOOLCARE is partnered with Cigna, to provide best practice, evidence-based, achievable and engaging wellness programs.

SCHOOLCARE Cigna medical participants can annually earn up to:

**Subscriber = \$800**

**Covered Spouses & 65+ Retirees = \$400**

*Incentives earned are paid on a quarterly basis*



**For all questions, please contact SCHOOLCARE's wellness partner, Cigna 24/7/365:**

Program Questions: 800-244-6224

[myCigna](#) Technical Assistance: 800-284-8346

The SCHOOLCARE **Good For You!** Wellness programs empower you to become an advocate for your health. Incentives available beginning July 1<sup>st</sup> except as indicated below.

<p><b>Understand YOU</b></p> 	<p><b>Health Assessment</b> To receive cash incentives for participating in the wellness programs the confidential Cigna Health Assessment must be completed annually. Upon completion all incentives earned will become available.</p>
	<p><b>Biometrics - \$150</b> Use a Quest or LapCorp facility, attend an on-site screening, or complete a Physician Lab Form.</p>
	<p><b>Preventive Care Compliance - earn up to \$225</b> Earn \$75 for your physician recommended annual age and gender specific preventive services. <i>Incentive available beginning January 1<sup>st</sup></i></p>
<p><b>Take Action</b></p> 	<p><b>Online Health Coaching - earn up to \$250</b> Earn \$50 for each online program completed.</p> <p><b>Telephonic Health Coaching - earn up to \$350</b> Engage with a Health Professional to support YOU in achieving health goals. <i>Incentive available beginning October 1<sup>st</sup></i></p>
	<p><b>Omada Program – up to \$350</b> Complete 16 weeks of the program and/or Meet your weight loss goal of 5%. <i>Available to those on SCHOOLCARE/Cigna Medical plans.</i></p>
	<p><b>Case Management - earn up to \$350</b> Work with a Cigna Case Manager to coordinate care and/or make progress toward a goal.</p>
<p><b>Stay Active</b></p> 	<p><b>Apps &amp; Activities - earn up to \$400</b> Earn \$50 for each challenge/goal you complete with or without a device/app.</p>
	<p><b>Self-Reported Healthy Events - earn up to \$300</b> Earn up to \$75 for completing activities during the quarter for your total health (\$25 ea). <i>Incentive available beginning July 1<sup>st</sup>, October 1<sup>st</sup> January 1<sup>st</sup> April 1<sup>st</sup></i></p>

**Start earning your SCHOOLCARE **Good For You!** incentives today using myCigna**

For easy-to-follow program instructions, videos, and more... visit [SchoolCare.org](http://SchoolCare.org)

*Note: Cash incentives, payments, and rewards paid to wellness program participants are taxable income. Please review with your tax consultant for more information.*