



## Summary of Reward Programs

*Good For You!* is SCHOOLCARE's commitment to your health and wellness.

It is a collection of evidence-based, achievable and fun wellness programs.

Programs offer participants reward point incentives for exercising and taking care of your health.

SCHOOLCARE has joined with Planned Action Toward Health (PATH)

to offer our members more expansive and online programs.

### Annual Reward Points

Awarded for completing or participating in programs. **One (1) reward point equals \$1.**

- Individuals can earn up to \$800 in a combination of reward points and reimbursements.
- Couples/Families can earn up to \$1,200 in a combination of reward points and reimbursements.

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**Health Risk Assessment (HRA)** Earn 150 reward points annually by taking the confidential health assessment online at [www.MyCigna.com](http://www.MyCigna.com).

#### **Guidelines:**

- Available to the SCHOOLCARE subscriber and covered spouse/partner
- Eligible participants must complete the entire health assessment **including biometric measures**. **Numbers must be entered for Height, Weight, Waist Circumference, Systolic & Diastolic Blood Pressure, Total Cholesterol and HDL to receive reward points**
- HRA reward points are paid out on a monthly basis

#### **Process:**

- Go to [www.MyCigna.com](http://www.MyCigna.com)
- Log in or, first time users click REGISTER and complete the registration process to log in
- Once logged in, click the right arrow to locate the picture of the red apple and then click on "My Health Assessment"
- First time users will be required to complete another registration to verify their log in
- Take the assessment - all questions must be answered **and biometric numbers entered** for the assessment to be considered eligible to earn reward points
- For information on registering a covered spouse/partner, visit [www.MyCigna.com](http://www.MyCigna.com)
- Once the assessment is completed, no further action is required

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**Wellness Puzzler** Monthly online puzzler tests your knowledge of certain health related matters. You earn up to 24 *GFY!* reward points annually by completing the puzzlers.

#### **Guidelines:**

- Available to the SCHOOLCARE subscriber and covered spouse/partner
- Completion of each monthly Puzzler will result in 2 reward points
- Puzzler reward points are paid out at the end of the plan year

#### **Process:**

- Log in to the *GFY!* web portal at [www.SchoolCare.org](http://www.SchoolCare.org)
- At the dashboard, click on *Calendar Puzzler*

**Keeping Fit** Earn 125 reward points every six months for working out on your own or at a fitness facility.

**Guidelines:**

- Both the SCHOOLCARE subscriber and covered spouse/partner are eligible to participate
- A minimum of 12 workouts per month for six consecutive months are required
- 20 minutes of vigorous or 30 minutes of moderate activity are required
- **Weekly** progress must be recorded on the *Good For You! (GFY!)* web portal at [www.SchoolCare.org](http://www.SchoolCare.org) –THE PROGRAM BEGINS THE DAY YOU CLICK THE GREEN “START NEW 6-MONTH CYCLE THROUGH THE GFY! WEB PORTAL (exercises cannot be entered retroactively)

**Process:**

- Annually, participants must take a confidential health assessment at [www.MyCigna.com](http://www.MyCigna.com)
- Participants must agree to the terms when logging on to the *GFY!* web portal at [www.SchoolCare.org](http://www.SchoolCare.org)
- Once logged into the *GFY!* web portal, click on the PATH Community on the dashboard
- Click on the green box (lower right-hand corner) to START your “Keeping Fit 6-Month program
- Click on *Enter Progress* button
- Enter workout information
- Click *Add*
- Click *Save Progress*
- Keeping Fit reward points are paid approximately four (4) weeks after the individual has completed six consecutive months of progress

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**Health Education Reimbursement** Up to \$300 maximum per family annually in reimbursement with reward points for pre-approved health related classes.

**Guidelines:**

- Requires pre-approval request before or upon registering for classes. Submit request through the *GFY!* web portal at [www.SchoolCare.org](http://www.SchoolCare.org)
- Available to any SCHOOLCARE covered family member
- Must be a health/fitness-related, group instructional program (some restrictions apply)

**Process:**

- Log in to the *GFY!* web portal at [www.SchoolCare.org](http://www.SchoolCare.org)
- Click on the *Health Education* tab on the dashboard
- Click on “*submit a new health education request*”
- Complete and submit request form
- Once approved, a confirmation and certificate of completion form will be sent via email
- Upon finishing the class, print the form, obtain the instructor’s signature, then you should submit it within 60 days with proof of payment to the address on the form
- Reimbursement will be issued in the amount of the cost of the class once the reimbursement form and proof of payment have been received and processed
- Participant will receive status updates via email regarding their reimbursement

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**PATH Adventure** Annual 10 week self-paced exercise adventure. Available to SCHOOLCARE subscriber only. Eligible participants can earn 75 reward points for completing the adventure. The program is based on fun, educational adventures which participants follow at their own pace with their own exercise.

**HRA Challenge** Member groups can partner with SCHOOLCARE to create a special incentive around completing the online Health Assessment at [www.MyCigna.com](http://www.MyCigna.com). In addition to receiving 150 reward points, subscribers and covered spouses/partners can each receive \$100 in reimbursement funds for completing the HRA.

**Guidelines:**

- The HRA Challenge is only available to groups that partner and arrange the program with SCHOOLCARE
- Participants must complete the entire health assessment (**including biometric numbers**) from the on-site screenings or from a recent physician ordered lab test) at [www.MyCigna.com](http://www.MyCigna.com) to be eligible for the reimbursement and reward points
- Eligible participants will receive 150 *GFY!* reward points (limited to 1 time per plan year)
- In addition, eligible participants earn \$100 in reimbursement funds for any of the following: prescription eyewear, hearing aids, naturopathic providers, massage therapy
- Couples may combine their reimbursements towards one or more of the above
- Reimbursement funds are available through June 30<sup>th</sup> following the challenge

**Process:**

- SCHOOLCARE employer or employee designated representatives should contact Joanne Trainor ([jtrainor@schoolcare.org](mailto:jtrainor@schoolcare.org)) or Jessica Campo ([jcampo@schoolcare.org](mailto:jcampo@schoolcare.org)) for more details

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**Well Aware Disease Management** You and your covered dependents can earn 25 reward points for participating in CIGNA's Well Aware confidential disease management program.

**Guidelines:**

- Available to the SCHOOLCARE subscriber, covered spouse/partner and dependents with certain chronic conditions
- Individuals may choose to participate or opt out
- Eligible participants earn 25 points only once per year for participating in the Well Aware phone calls or online coaching

**Process:**

- Individuals with certain chronic conditions will be contacted by one of CIGNA's Well Aware medical professionals to discuss their condition
- Points are awarded by participating in the phone consultations (minimum of 2 calls with CIGNA)
- Well Aware reward points are paid out at the end of the plan year

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**Preventive Incentive** Rewards participants with 10 *GFY!* reward points each year for having a preventive medical screening.

**Guidelines:**

- Available to SCHOOLCARE subscriber and covered spouse/partner
- Points are rewarded for having any of the following preventive screenings: annual physical, colorectal cancer, skin cancer, prostate cancer, mammogram, GYN exam
- Eligible participants will receive a maximum of 10 reward points per year for preventive screenings
- Preventive reward points are paid out at the end of the plan year

**Process:**

- Contact your provider to schedule any of the above
- CIGNA will transmit a listing of subscriber and covered spouse/partner having completed any of the preventive screenings
- No further action is required by the participant

**Workplace Wellness Seminar** Subscribers can earn 25 *GFY!* reward points when they participate in a workplace wellness seminar sponsored by SCHOOLCARE and CIGNA.

**Guidelines:**

- Available to the SCHOOLCARE subscriber only
- Eligible participants will each receive a maximum of 25 points per year for attending a wellness seminar
- Professional development credit is also available for most seminars
- Seminar reward points are paid out at the end of the plan year

**Process:**

- SchoolCare employer or employee designated representatives should contact Jessica Campo ([jcampo@schoolcare.org](mailto:jcampo@schoolcare.org)) for a complete listing of seminar topics
- Upon completing the seminar, participants will be issued a *GFY!* /PATH voucher by SCHOOLCARE
- Log in to *GFY!* web portal at [www.SchoolCare.org](http://www.SchoolCare.org)
- Click on *Redeem PATH Points Voucher* and follow online instructions

### **How Our Reward Points Work**

Reward Points Awarded for completing or participating in programs.

**One (1) reward point equals \$1**

**Health Risk Assessment (HRA)** is awarded **150** points and paid out at the end of the month in which the HRA is completed. (Checks take 2- 4 weeks to process) Points are awarded to your PATH account when payment is issued.

**Wellness Puzzle** is worth **2** points for each month completed, a report is generated and the accumulated points will be awarded at the end of the plan year, June 30<sup>th</sup>. (Checks will be issued 6-8 weeks there-after) Points are awarded to your PATH account when puzzlers are solved.

**Keeping Fit** **125** points are rewarded once a 6-month cycle is completed. (At the end of each month, workout entries are verified, and checks take 2-4 weeks to process) Points are awarded to your PATH account when your cycle is complete.

**Health Education Reimbursement** up to **300** points, requires pre-approval, and the amount is rewarded upon completion of the class with a certificate of completion and proof of payment. Checks take about 10 days to process once certificate of completion is received. Points are awarded to your PATH account when payment is issued.

**PATH Adventure** is worth **75** points, 7 points per week, and 5 points for completing the survey. The adventure ends June 30<sup>th</sup> and checks are issued at the end of the summer. Points awarded to your PATH account each week as progress is entered.

**Well Aware Disease Management** are worth **25** points for the year and are paid at the end of the plan year, June 30<sup>th</sup>. Points are not reflected on your PATH account, CIGNA provides SchoolCare with a report for payouts.

**Preventive Incentive** is worth **10** points per plan year and is paid at the end of the plan year, June 30<sup>th</sup>. Points are not reflected on your PATH account, CIGNA provides SchoolCare with a report for payouts.

**Workplace Wellness Seminar** participants receive a **25** point voucher for attending, and redeem the points on their PATH account. A report is generated and the points will be paid out at the end of the plan year, June 30<sup>th</sup> (checks will be issued 6-8 weeks there-after) Points are awarded on your PATH account when a voucher is redeemed.