



Good For You!

Wellness programs by SCHOOLCARE

Summary of Reward Programs

By participating in our wellness program you can earn rewards every plan year!

Plan year runs July 1st through June 30th

Subscriber* = up to \$800

(*includes dependent activities)

Covered Spouse = up to \$400

Good For You! is SCHOOLCARE's commitment to your health and wellness. SCHOOLCARE has partnered with Viverae, a leading Health Management Provider, to offer best practice, evidence-based, achievable and fun wellness programs. Programs offer participants incentives for *Awareness, Education and Physical Activity.*

What does wellness mean to you?

Each participant can choose activities best suited for their own personal health and wellness goals

All recommendation on the portal are based on age/gender and personal health

Understand YOU: Build Awareness of your own personal health and wellness by...

Knowing your biometric numbers, completing a confidential health assessment & completing monthly questionnaires



Take Action: Educate yourself on your own personal health and well-being by...

Speaking with a coach, attending a workplace wellness seminar, completing age/gender specific preventive screenings, participating in targeted health programs, webinars & on-line courses



Stay Active: Make physical activity part of your lifestyle by...

Exercising on your own or at a gym, participating in peer and/or employer challenges, taking group fitness classes, completing a road race, etc...

SCHOOLCARE's philosophy behind the wellness programs is to 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.

For ALL Questions Please Contact:

SCHOOLCARE's Wellness Partner: VIVERAE
1-888-VIVERAE (848-3723)

Monday - Thursday 8:00 AM to 8:30 PM ET
Friday 8:00 AM to 7:00 PM ET

EARN YOUR *GOOD FOR YOU!* CASH INCENTIVES

UNDERSTAND YOU

Health Assessment \$75

Complete a 20 question survey



Biometrics \$100

Complete a Physician Lab Form or attend an on-site screening

Available: July 1 to June 30

*Health Coaching \$50

Engage with a professional to support YOU in achieving health goals

Available: October 1 to June 30

Preventive Care Compliance \$75

Report a minimum of 3 of the recommendations listed on your portal

Available: January 1 to June 30

**Health Assessment and Biometrics are required to be completed before Health Coaching incentive can be earned.*

TAKE ACTION & STAY ACTIVE



Quarterly Program Activities Earn up to \$125 each Quarter

250K Step Challenge, Employer Challenges, Questionnaires, Targeted Programs, Peer Challenges, Online Course, Webinars, Healthy Events & Dependent Activities (self-reported)



~Covered Spouses can earn up to \$25 per quarter in Program Activities~

Available: July 1 to June 30

Get started by creating your SCHOOLCARE *Good For You!* account

Visit: www.schoolcare.org and click on the *Good For You!* logo to find easy to follow registration & program instructions, webinars, and more...

- Once logged in, you will be on your **Dashboard**
Dashboard page shows: points earned, your device/app activity, challenges
- Next click on the **Earn More Points** link (right hand side of the Incentive Programs area on Dashboard), this is where you can earn all your points!
Incentive Program page: view all programs available to earn points (1 point = \$1)
- **Resources** tab will bring you to the Document Library
Resources tab: Download Healthy Event & Physician Lab Forms, Reward Summaries & Upcoming Event Flyers

Each quarter is **3** months long:

Quarter 1: 7/1/16 to 9/30/16

Quarter 3: 1/1/17 to 3/31/17

Quarter 2: 10/1/16 to 12/31/16

Quarter 4: 4/1/17 to 6/30/17

Checks are issued by SCHOOLCARE at the end of the month following the month the Quarter ends.
(Ex: Quarter 1 ends 9/30/16, checks will be issued by 10/31/16)