



# Wellness Resource Guide

*All services are free and confidential*

## Orlando Magic Recreation Center Locations

### FREE EMPLOYEE GYM MEMBERSHIPS

#### Barnett Park & Gym

4801 W. Colonial Drive  
Orlando, FL 32808  
407-836-6248

#### Goldenrod Park

4863 N. Goldenrod Road  
Winter Park, FL 32792  
407-254-9025

#### Meadow Woods Park

1751 Rhode Island Woods Circle  
Orlando, FL 32824  
407-254-9065

#### Silver Star Community Park

2801 N. Apopka-Vineland Road  
Orlando, FL 32818  
407-254-9250

#### South Econ Community Park

3850 S. Econlockhatchee Trail  
Orlando, FL 32829  
407-254-9092

#### West Orange Recreation Center

309 S. West Crown Point Road  
Winter Garden, FL 34787  
407-254-9245

## WellWorks

#### WellWorks Central

1850 E. Michigan Street  
Orlando, FL 32806

#### WellWorks Express West

4200 S. John Young Parkway  
Orlando, FL 32839

#### WellWorks Express East

6600 Amory Court  
Winter Park, FL 32792

For more information email [Wellness@ocfl.net](mailto:Wellness@ocfl.net)  
To register: <https://orangenet.ocfl.net/hr/wellness/Pages/Locations.aspx>

## Wellness Team

**Located at WellWorks Central  
1850 East Michigan Street**

#### Jessica Puentes

Orange County Wellness Coordinator  
407-836-5498  
[Wellness@ocfl.net](mailto:Wellness@ocfl.net)

• Assistance with: Countywide employee wellness programs and events

#### Betsy Theriot

Centra Care Nurse  
407-836-5665  
[OCNurse@AdventHealth.com](mailto:OCNurse@AdventHealth.com)

• Assistance with: Health screenings (BMI, blood pressure, glucose and cholesterol) • Health education • Referrals [All services are free and confidential]

#### Cigna Health Coaches

• Individualized health coaching: • Healthier eating • Physical activity • Disease prevention and management and more [All services are free and confidential]

[CoachingOC@cigna.com](mailto:CoachingOC@cigna.com)

## ComPsych Employee Assistance Plan

Assistance with: Legal • Financial • Emotional • and other Referral Services

1-855-221-8925  
[www.guidanceresources.com](http://www.guidanceresources.com)  
Web ID: ORANGECOUNTY

## Cigna Medical and Dental Representative

Medical • Prescriptions • Dental • HSA

#### Michael Bradley

407-403-8102  
[OCRep@Cigna.com](mailto:OCRep@Cigna.com)

#### Deon Hillmon

407-881-6536  
[OCRep@Cigna.com](mailto:OCRep@Cigna.com)

## Programs

### Florida Oncology Connections

Partnership with Florida Cancer Specialists  
855-327-6112  
[www.FLCancer.com/CareManagement](http://www.FLCancer.com/CareManagement)

### Thrive Diabetes Care Program

Partnership with Advent Health  
407-303-2720  
[FH.Diabetes.Care.Program@Adventhealth.com](mailto:FH.Diabetes.Care.Program@Adventhealth.com)

## Employee Insurance Services

#### Regan Sampson

The Standard Insurance Company  
On-site Account Specialist  
407-790-8849  
[oclfeanddisability@standard.com](mailto:oclfeanddisability@standard.com)

[www.standard.com](http://www.standard.com) | 1-800-628-8600  
Assistance with: life insurance • accidental death & dismemberment • short term disability and long-term disability

### Cigna Health Information and Nurse Advice Line/Telephonic Coaching

1-800-244-6224  
[mycigna.com](http://mycigna.com)

### Cigna Telehealth Services

Amwell for Cigna: 1-855-667-9722  
MDLIVE for Cigna: 1- 888-726-3171

### Cigna Healthy Pregnancies, Healthy Babies Program

1-800-615-2906

### Humana Vision Plan

Group: 1007800 (Eye Med)  
Plan: 7741123  
1-877-398-2980  
[www.Humana.com](http://www.Humana.com)



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**Advent Health**  
Centra Care

**Humana**

