myOCWellness

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
To register: https://orangenet.ocfl.net/hr/wellness/Pages/Locations.aspx

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Wellness Team

Located at WellWorks Central
1850 East Michigan Street

Jessica Puentes
Orange County Wellness Coordinator
407-836-5498
Wellness@ocfl.net

• Assistance with: Countywide employee wellness programs and events

Betsy Theriot
Centra Care Nurse
407-836-5665
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

ComPsych Employee Assistance Plan

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

1-855-221-8925
www.guidanceresources.com
Web ID: ORANGECOUNTY

Cigna Medical and Dental Representative

Medical • Prescriptions • Dental • HSA

Michael Bradley
407-403-8102
OCRep@Cigna.com

Deon Hillmon
407-881-6536
OCRep@Cigna.com

Programs

Florida Oncology Connections
Partnership with Florida Cancer Specialists
855-327-6112
www.FLCancer.com/CareManagement

Thrive Diabetes Care Program
Partnership with Advent Health
407-303-2720
FH.Diabetes.Care.Program@Adventhealth.com

Employee Insurance Services

Regan Sampson
The Standard Insurance Company
On-site Account Specialist
407-790-8849
oclifeanddisability@standard.com

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

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

Orange County Government Florida

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