

# **WELLNESS RESOURCE GUIDE**

All services are free and confidential



#### **Wellness Team**

Programs • Events • Resources

Theresa Utroske | Valerie Campanalie 407-836-5498

Wellness@ocfl.net

# **On-Site AdventHealth Nurse**

Health screenings (BMI, blood pressure, glucose and cholesterol) • Health education • Referrals

**Betsy Theriot and Chelsea Chabot** 407-836-5665

OCNurse@AdventHealth.com

## Cigna Health Coaches

Individualized health coaching

- Healthier eating Physical activity
- · Disease prevention and management and more

Alice Foster | Karina Nwoko Allie Schmidt | Allison Zubasic

CoachingOC@Cigna.com

#### Free gym memberships

**Wellworks Facilities** employees only

**Orange County Recreation Centers** employees, spouses and dependents Visit the OrangeNet Fitness Centers page for more information.

#### myOCWellness

Our wellness incentive program where members earn points by completing health-related tasks.

\* must be on our County's medical plan

## **Cigna Representatives**

Medical • Prescriptions • Dental • HSA

Michael Bradley | Ariel Burrage 407-403-8108 407-795-1110

OCRep@Cigna.com

## **Mental Health Counselor**

**Emotional Support • Cognitive** Behavior Therapy • Bilingual • 6 free sessions per issue (Wed. 9 am-12 pm, Thurs. 4pm-7pm)

Janelle Carbone-Rodriguez (866) 280-9355

JCarbone@

cornerstonecentersforwellbeing.com

# ComPsych **Employee Assistance Plan**

Leaal • Financial • Emotional

- Other Referral Services
- 6 free sessions per issue

1-855-221-8925

www.guidanceresources.com Web ID: ORANGECOUNTY

# **Health Management Programs**

**Thrive Diabetes Care Program** 

Partnership with AdventHealth 407-303-2720

cfd-s.diabetes.care.program@ adventhealth.com

#### Choose One Cardiovascular Program

Partnership with Orlando Health 407-407-3046

ChooseOne@OrlandoHealth.com

# The Standard Representative

Life insurance • Short term and longterm disability

Donna McCann

oclifeanddisability@standard.com

Member Services: 844-870-8634

#### **Employee Insurance Services**

24/7 Cigna Members Services Line

mycigna.com

1-800-244-6224

Cigna Telehealth Services

MDLIVE for Cigna: 1-888-726-3171

Cigna Healthy Pregnancies, **Healthy Babies Program** 

1-800-615-2906

MetLife - Vision MetLife -**Vision Benefits Group:** 

0236252 (Superior Network) Member Services (800) 333-9372 www.metlife.com

#### **Benefits**

HR Support 407-836-5661 benefits@ocfl.net



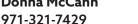




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