



THE ROAD AHEAD TO WELLBEING

WELLNESS RESOURCE GUIDE

All services are free and confidential

Wellness Team

• Programs • Events • Resources

Jessica Puentes | 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

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 | Deon Hillmon

407-836-3271

OCRep@Cigna.com

ComPsych

Employee Assistance Plan

• Legal • Financial • Emotional
• Other Referral Services

1-855-221-8925

www.guidanceresources.com

Web ID: ORANGECOUNTY

Health Management Programs

Florida Oncology Connections

Partnership with Florida Cancer Specialists

855-327-6112

www.FLCancer.com/CareManagement

Thrive Diabetes Care Program

Partnership with AdventHealth

407-303-2720

FH.Diabetes.Care.Program@Adventhealth.com

Choose One Cardiovascular Program

Partnership with Orlando Health

(877) 48CHOOSE [(877) 482-4667]

R-ChooseOne@OrlandoHealth.com

www.orlandohealth.com/campaigns/choose-one

The Standard Representative

• Life insurance • Short term disability and longterm disability

Member Services: 844-870-8634

oclifeanddisability@standard.com

Employee Insurance Services

Cigna Members Services Line

1-800-244-6224

mycigna.com

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 1-833-393-5433

www.metlife.com

Benefits

HR Support

407-836-5661

benefits@ocfl.net

