

Lifestyle Program Goals



GOAL	REPORTING	POINTS	MAXIMUM
<p>Cigna Health Coaching Individualized Health Coaching. Minimum of 3 sessions CoachingOC@Cigna.com</p>	Automatically	30	Max of 2
<p>Complete the THRIVE Diabetes Program Partnered with Advent Health Information Here Watch Video Here The completion of the THRIVE program will count toward the gatekeeper goals, satisfying the physical and the lab work goals.</p>	Automatically	60	Max of 1
<p>Complete the Choose One – Cardiovascular Program Partnered with Orlando Health Information Here For more information or to enroll: Website: Choose One website Call: (407) 407-3046 Email: ChooseOne@OrlandoHealth.com Watch Video Here The completion of the Choose One program will count toward the gatekeeper goals, satisfying the physical and the lab work goals.</p>	Automatically	60	Max of 1
<p>Complete OCG Life Balance Series myOCLearn 7 required eLearning courses Courses can be launched from the credential once you are enrolled. Please note that it may take up to (1 week before the credential appears on your schedule.</p> <ul style="list-style-type: none"> • Go to your myOCLearn Portal • Click on "Self-Assign" • Search "OCFL Passport Program - Life Balance Series" 	Automatically	30	Max of 1
<p>Tobacco Free Florida 4 Week Group Quit Program To receive points, you must complete the Group Quit 4-week session and submit Certificate of Completion to Wellness@ocfl.net For more information or to enroll:</p>	Automatically	30	Max of 1
<p>Cigna Cancer Care Support Program – Oncology Consult Service Work one-on-one with a Case Manager to understand your condition, and get help with coordinating care and treatment options, so you can focus on getting better. If you qualify, a case manager will contact you.</p>	Automatically	30	Max of 1