



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

Legal • 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
971-321-7429
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