

Restorative Wellness Goals



GOAL	REPORTING	POINTS	MAXIMUM
<p>Behavioral Health Webinars</p> <p>Cigna Webcasts are self-reported and the Certificate of Completion MUST be emailed to wellness@ocfl.net</p>	Self-Reported	5	Max of 2
<p>Massage Therapy 30+ Minutes</p> <p>30+ Minute Professional Massage Therapy</p> <p>Email copy of receipt to wellness@ocfl.net</p> <p>Retain Receipt for validation</p>	Self-Reported	5	Max of 2
<p>OC Mindfulness Events</p> <p>Information coming soon</p>	Self-Reported	5	Max of 2
<p>Happify</p> <p>Complete a Gold Medal level in the Happify program in myCigna.com</p> <p>Email screenshot for earning a Gold Medal to Wellness@ocfl.net</p>	Self-Reported	5	Max of 1