

Wellness Education Goals



GOAL	REPORTING	POINTS	MAXIMUM
<p>Cigna Health Coaching Individualized health coaching</p> <ul style="list-style-type: none"> • Healthier eating • Physical activity • Disease prevention management and more <p>CoachingOC@Cigna.com</p>	Automatically	30	Max of 2
<p>Cigna Clinical Digital Health Coaching Virtual 4-week self-paced modules Flexible way to participate in health coaching on your time.</p>	Automatically	30	Max of 2
<p>Participate in Wellable Challenge(s) More Information Here Register for app</p>	Self-Reported	20	Max of 2
<p>Wellness Webinars/Webcasts Wellness Webinars are self -reported. Detailed attendance reports are kept for validation of participation by Wellness administration for auditing purposes. Cigna Webcasts are self-reported and the Certificate of Completion MUST be emailed to Wellness@ocfl.net</p>	Self-Reported	5	Max of 3