

# THE ROAD AHEAD TO WELL BEING






- Employees and/or spouses have from Oct. 1, 2021 - Sept. 30, 2022 to earn points
- New incentives, tiers and more opportunities to earn points
- Track your progress on the mycigna app or mycigna.com
- For more information, email [wellness@ocfl.net](mailto:wellness@ocfl.net)



To see the complete list of goals to earn points go to [www.ocfl.net/myocwellness](http://www.ocfl.net/myocwellness)



## LEVELS POINTS AND INCENTIVES

LEVELS	POINTS	INCENTIVES
Emerald 	70	<ul style="list-style-type: none"> <li>■ \$20 Wellness Flex Credit per Employee/ per Spouse /per pay period</li> </ul>
Ruby 	100	<ul style="list-style-type: none"> <li>■ Recognition with Division &amp; Department</li> <li>■ \$20 Wellness Flex Credit per Employee /per Spouse /per pay period</li> </ul>
Blue Diamond 	130+	<ul style="list-style-type: none"> <li>■ Wellness Day Off (full work shift)                             <ul style="list-style-type: none"> <li>* Can only be used in subsequent calendar year. Hours are not paid out</li> <li>* Does not apply to spouse but other incentives to come for spouses</li> </ul> </li> <li>■ Recognition with Division &amp; Department</li> <li>■ \$20 Wellness Flex Credit per Employee/ per Spouse /per pay period</li> </ul>