



# THE ROAD AHEAD TO WELLBEING

## WELLNESS RESOURCE GUIDE

All services are free and confidential

### Wellness Team

• Programs • Events • Resources

Jessica Puentes | 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

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 | Deon Hillmon

407-836-3271

OCRep@Cigna.com

### ComPsych

#### Employee Assistance Plan

• Legal • Financial • Emotional  
• Other Referral Services

1-855-221-8925

[www.guidanceresources.com](http://www.guidanceresources.com)

Web ID: ORANGECOUNTY

### Health Management Programs

#### Florida Oncology Connections

Partnership with Florida Cancer Specialists

855-327-6112

[www.FLCancer.com/CareManagement](http://www.FLCancer.com/CareManagement)

#### Thrive Diabetes Care Program

Partnership with AdventHealth

407-303-2720

FH.Diabetes.Care.Program@Adventhealth.com

#### Choose One Cardiovascular Program

Partnership with Orlando Health

(877) 48CHOOSE [(877) 482-4667]

R-ChooseOne@OrlandoHealth.com

[www.orlandohealth.com/campaigns/choose-one](http://www.orlandohealth.com/campaigns/choose-one)

### The Standard Representative

• Life insurance • Short term disability and longterm disability

Member Services: 844-870-8634

[oclifeanddisability@standard.com](mailto:oclifeanddisability@standard.com)

### Employee Insurance Services

#### Cigna Members Services Line

1-800-244-6224

[mycigna.com](http://mycigna.com)

#### 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 1-833-393-5433

[www.metlife.com](http://www.metlife.com)

### Benefits

HR Support

407-836-5661

[benefits@ocfl.net](mailto:benefits@ocfl.net)

