

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



To see the complete list of goals to earn points go to www.ocfl.net/myocwellness

LEVELS POINTS AND INCENTIVES

LEVELS	POINTS	INCENTIVES
Emerald 	70	<ul style="list-style-type: none"> ■ \$20 Wellness Flex Credit per employee and/or spouse per pay period
Ruby 	100	<ul style="list-style-type: none"> ■ Recognition with division and department ■ \$20 Wellness Flex Credit per employee and/or spouse per pay period
Blue Diamond 	130+	<ul style="list-style-type: none"> ■ Wellness Day Off (full work shift) <ul style="list-style-type: none"> * Cannot be earned by spouses * Can only be used in subsequent calendar year and hours cannot be paid out ■ Recognition with division and department ■ \$20 Wellness Flex Credit per employee and/or spouse per pay period