



# THE ROAD AHEAD TO WELLBEING

## WELLNESS RESOURCE GUIDE

All services are free and confidential

### Wellness Coordinator

• Programs • Events • Resources

**Jessica Puentes**

407-836-5498

[Wellness@ocfl.net](mailto: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](mailto:OCNurse@AdventHealth.com)

### On-Site Cigna Health Coaches

• Individualized health coaching  
• Healthier eating • Physical activity  
• Disease prevention and management and more

**Allie Schmidt | Jenn Tripodi**

**Ramon Torres**

[CoachingOC@Cigna.com](mailto: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](mailto: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

### 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](mailto:FH.Diabetes.Care.Program@Adventhealth.com)

#### Choose One Cardiovascular Program

Partnership with Orlando Health

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

[R-ChooseOne@OrlandoHealth.com](mailto:R-ChooseOne@OrlandoHealth.com)

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

### The Standard Representative

• Life insurance • Short and long-term disability

**Regan Sampson**

407-790-8849

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

### Employee Insurance Services

**Cigna Health Information and Nurse Advice Line/Telephonic Coaching**

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 Exchange

407-836-5661

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

