

MEET your Cigna and Evernorth partners

We are excited to introduce you to

Jennifer Ainsworth and Trish Tippins Flammio!



Meet Jennifer – Your Evernorth Registered Dietitian Nutritionist

Jennifer is Evernorth's Registered Dietitian Nutritionist, supporting Brevard County employees in achieving their health and wellness goals. She holds an undergraduate degree

in Dietetics and a master's degree in Health Promotion and Education.

With a strong foundation in nutrition science and a passion for whole-person health, Jennifer provides personalized nutrition and wellness coaching. Whether you're managing chronic conditions like diabetes or heart disease, working toward weight loss, or simply aiming to improve your overall well-being, Jennifer offers compassionate, evidence-based support to help you make sustainable lifestyle changes.

Jennifer is excited to bring her clinical expertise and enthusiasm for wellness to the Brevard County team! Reach out to schedule a virtual or in-person meeting to discuss your health goals.

What Jennifer Offers:

- **Health Coaching-** Available to full-time employees and their dependents (18+)
- **Incentive Support-** Verify your incentive status and earned points
- **Resource Navigation-** Identify helpful resources and find in-network providers

Contact Jennifer by emailing Jennifer.Ainsworth@evernorth.com or Jennifer.Ainsworth@brevardfl.gov or by calling 321-978-1018 (mobile)



Meet Trish – Your Dedicated Cigna Well-being Strategist

Trish is Cigna's dedicated Well-being Strategist, proudly partnering with employees of Brevard County BOCC. She has a strong HR/benefits background, bachelor's degree in HR and Masters of Public Administration. She collaborates closely with

Jennifer and your HR team to coordinate wellness initiatives, organize health-related events and share valuable resources.

Trish supports employees with:

- Navigating Health Incentives
- Using [MyCigna.com](https://mycigna.com)
- Accessing and sharing wellness resources

She also works alongside members of the Brevard Wellness Committee, focusing on health and wellness programs that benefit all employees.

Reach out to Trish with any questions about:

- Completing your annual health incentives
- Exploring health and wellness opportunities
- Accessing Cigna benefits and local resources

What Trish Offers:

- **Event Coordination**— organizes large-scale events such as Health Fairs and Biometric Screenings
- **Expert Guidance**—provides personalized support and wellness resources
- **Information Sharing**—coordinates and distributes health and wellness communications
- **Health Incentive Support**—offers details and direction for the Health Incentive Program

Contact Trish by emailing Trish.Tippins-Flammio@brevardfl.gov or or call/text to @ 321-243-1322

