



Thrive

Diabetes Care Program



Diabetes Institute

A hospital department of AdventHealth Orlando
2415 North Orange Avenue, 5th Floor
Orlando, FL 32804
407-303-2720
AdventHealthDiabetesInstitute.com

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente 407-303-3025.

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele nimewo ki anba an 407-303-3025.

23-CFDS-02257





What is Thrive?

AdventHealth, Orange County Government (OCG), and Cigna have joined forces to offer Thrive — a diabetes care program. The goal of Thrive is to motivate participants to effectively manage their diabetes through evidence-based education and healthy lifestyle support from an expert, multidisciplinary care team. Thrive aims to inspire well-being in body, mind and spirit — while creating new possibilities to not just live, but thrive.

Benefits of Thrive

The Thrive program includes:

- Free medical visits at AdventHealth Medical Group Diabetes and Endocrinology (up to four visits per year)
- Free lab work to track progress (up to four visits per year)
- Lifestyle education options such as:
 - Behavioral health therapist consults
 - Exercise specialist consults
 - Lifestyle group classes
 - Nutrition counseling with a registered dietitian
 - Registered nurse consult



Virtual Options Available

Who is eligible for Thrive?

This program is available to all OCG employees, retirees (under 65), spouses and adult dependents who are covered under the Orange County BCC's Cigna active employee health plans and have a diagnosis of Type 1 or Type 2 diabetes.



Enrollment Dates

To enroll in the Thrive diabetes management program, contact the AdventHealth Diabetes Institute at 407-303-2720 or CFD-S.Diabetes.Care.Program@AdventHealth.com.

AdventHealth Diabetes Institute

2415 North Orange Avenue, Suite 501
Orlando, FL 32804


Hours of Operation


8 am to 5 pm | Monday – Thursday
(closed from 12 to 1 pm)

8 am to 12 pm | Fridays (except holidays)

Know Your Risk Factors

In 2022, for adults with diagnosed diabetes:

 **69%** had high blood pressure

 **39%** had chronic kidney disease

 **44%** had high cholesterol

 **2%** reported having vision impairment or blindness

CDC 2022 U.S. Department of Health and Human Services