



Be the Champion of Your Own Health!

Participate in the myOCWellness incentive program!

October 1, 2024 – September 30, 2025

NEW Required Preventive Goals:

1. Employees and spouses must complete the Health Assessment in [myCigna.com](#).
2. Employees must complete an annual well physical preventive exam with a PCP or an annual well woman preventive exam.
3. Employees must complete physician ordered lab work or Onsite Nurse biometric screening.

* The completion of the THRIVE or Choose One program will count toward the gatekeeper goals, satisfying the well visit physical or well woman annual exam, and the lab work goals.

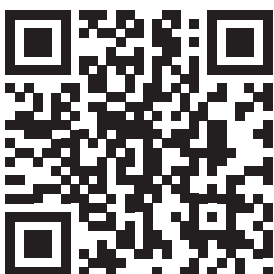
These goals must be completed to unlock points and incentives.



Earn Rewards!

- 70 points = Wellness Flex Credit (\$20/\$40 Employee and/or Spouse per pay period)
- 130 points = Wellness Flex Credit PLUS Wellness Day Off* (Full work shift)

- * **Cannot be earned by spouses.**
- * **Can only be used in subsequent calendar year.**
- * **Hours cannot be paid out.**



Ready to lead your health to victory?

Scan the QR Code to visit [myCigna.com](#) and take your health assessment.

Need guidance?

Visit [orangecountyfl.net/myocwellness](#) for more information.

Questions?

Email Wellness@ocfl.net

