

# 2024 Cigna Webcasts



Flexible ways to earn your myOCWellness incentive points!

**Be the best you, physically and emotionally. Tune in to the recorded webcasts in 2024 to learn ways to improve your overall well-being.**

## **On-Demand Webcasts**

Available 24/7. Just select the title you want and register to watch the replay.

### [Dreaming of a Good Night's Sleep](#)

Having trouble getting the sleep you need to feel refreshed? We'll take a look at factors that can disrupt sleep and share tips to help you reclaim your ZZZs.

### [Exercise Essentials: Getting And Staying Active!](#)

Exercise is easy to neglect when time or energy is short. Discover how to build an effective, sustainable, workout with three key types of exercise.

### [Know Your Numbers](#)

BMI, BP, HDL, LDL! What does it all mean!? Get simple explanations of biometric numbers and ideas for improving them. **English & [Spanish](#)**

### [Ditch Your Excuses! Commit To A Healthy Lifestyle](#)

"I'll start tomorrow!" We all use excuses to justify choices, especially about what we eat or how we exercise. Learn how to overcome them for a healthier lifestyle.

### [Taking Charge Of Your Health Care](#)

From choosing a doctor to evaluating fees to understanding preventive care, staying well can be confusing! This seminar can help you get up to speed.

### [Beating The "Blahs": Small Steps To Flourishing](#)

Are you feeling aimless, flat, or bored with everyday life? Gain strategies to move into a more motivated and contented state of flourishing.

### [Emotional Fitness: Embracing Empathy](#)

Empathy is a superpower when it comes to supporting others... and ourselves! Join us to learn how to cultivate the skills and mindset. And try putting it into practice.

### [Emotional Fitness: Practicing Self-Compassion](#)

Are you hard on yourself when things don't go right? Discover how turning self-judgment into self-kindness can help you navigate challenges more effectively.

### Endings & Opportunities: The Power Of Acceptance

Life is full of curveballs, closed doors, and unexpected endings. Learn how acceptance can reduce stress and help you open the door to new opportunities.

### Emotional Exhaustion: Fighting The Fatigue

Navigating relentless challenges can leave us feeling weary. Explore strategies that can help you regroup emotionally and re-spark vitality.

### Life With Cancer

When cancer becomes a reality for you, or someone close to you, everything changes. We'll talk about the stressors and strategies for managing them.

### Family Life: The Juggling Act

Work, family, activities, commitments... are you trying to keep too many "balls" in the air? Explore how you can add balance and reduce stress.

### Giving To Yourself: For Caregivers

As caregivers, it's easy to slip into a pattern of giving all of our resources to others. It's time to change that. Join us to gain doable self-care strategies.

### Helping Children Cope With Traumatic Events

When life gets scary, parents may struggle to know how to support their child. Learn how children are impacted and how to help them feel safe.

Handouts and presentation slides are available for downloading.

### **Certificate of Completion is required for receiving 5 myOCWellness points**

- To receive a certificate of attendance, click "yes" when prompted during the seminar and submit the post survey. *The prompt is randomly presented within the presentation slide. By fast forwarding, or not paying attention, you will not see the certificate prompt.*
- You must watch the entire webcast and complete the survey at the end of the webcast.
- The certificate PDF will be sent to the email address you used to register for the presentation once the webcast concludes.
- Please check your spam folder if the certificate doesn't arrive.
- Upload the certificate to [Wellness@ocfl.net](mailto:Wellness@ocfl.net) for validation.