



WELLNESS RESOURCE GUIDE

All services are free and confidential

Wellness Team

Programs • Events • Resources

Theresa Utroske | Valerie Campanalie

407-836-5498

Wellness@ocfl.net

On-Site AdventHealth Nurse

Health screenings (BMI, blood pressure, glucose and cholesterol)

• Health education • Referrals

Betsy Theriot and Chelsea Chabot

407-836-5665

OCNurse@AdventHealth.com

Cigna Health Coaches

Individualized health coaching

• Healthier eating • Physical activity
• Disease prevention and management and more

Alice Foster | Karina Nwoko

Allie Schmidt | Allison Zubasic

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 | Ariel Burrage

407-403-8108

407-795-1110

OCRep@Cigna.com

Mental Health Counselor

Emotional Support • Cognitive

Behavior Therapy • Bilingual •

6 free sessions per issue

Wed. and Thurs.

9 am - 12 pm

4 pm - 7 pm

(866) 280-9355

ComPsych

Employee Assistance Plan

Legal • Financial • Emotional

• Other Referral Services

• 6 free sessions per issue

1-855-221-8925

www.guidanceresources.com

Web ID: ORANGECOUNTY

Health Management Programs

Thrive Diabetes Care Program

Partnership with AdventHealth

407-303-2720

cfd-s.diabetes.care.program@adventhealth.com

adventhealth.com

Choose One Cardiovascular Program

Partnership with Orlando Health

407-407-3046

ChooseOne@OrlandoHealth.com

The Standard Representative

Life insurance • Short term and longterm disability

Donna McCann

971-321-7429

oclifeanddisability@standard.com

Member Services: 844-870-8634

Employee Insurance Services

24/7 Cigna Members Services Line

mycigna.com

1-800-244-6224

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 (800) 333-9372

www.metlife.com

Benefits

HR Support

407-836-5661

benefits@ocfl.net



**ORLANDO
HEALTH®**

