

# THE ROAD AHEAD TO WELLBEING



- Employees and/or spouses need to earn 70 points individually during the Fiscal Year Oct. 1, 2020 - Sept. 30, 2021 to receive the \$20 or \$40 Wellness for Life Flex Credit in calendar year 2022.
- Track your progress on the mycigna app or mycigna.com.
- [www.ocfl.net/myocwellness](http://www.ocfl.net/myocwellness)
- For more information, email [wellness@ocfl.net](mailto:wellness@ocfl.net).



## ■ Annual Preventive Examination

50 points (max of 1)

## ■ Well Woman Examination

50 points (max of 1)

## ■ Oral Health - Preventive Cleaning

20 points (max of 2)

## ■ Flu Shot

20 points (max of 1)

## ■ Health Assessment on mycigna.com\*

20 points (max of 1)

## ■ Screenings

30 points

## ■ Health Coaching\*

20 points (max of 2)

## ■ Wellbeing Activities (Cigna Apps & Activities)\*

20 points (max of 2)

## ■ Walking Challenges Corporate 5K (Equivalent)\*

20 points (max of 1)

## ■ Disease Management Program

50 points (max of 2)

## ■ THRIVE Diabetes Care Program

70 points possible

## ■ Countywide Wellness Events\*

10 points (max of 4)

## ■ MyOCLearn

Life Balance Series (BCC only)\*

40 points (max of 1)

\*virtual options available