

## Orlando Health Choose One Cardiovascular Program Frequently Asked Questions



1. [What is Cardiovascular Disease?](#)
2. [What is the Orlando Health Choose One program?](#)
3. [How do you enroll in the program?](#)
4. [Who is eligible to participate in the program?](#)
5. [Can my spouse participate?](#)
6. [When do I get my myOCWellness points?](#)
7. [Will I lose myOCWellness points if I don't complete the program?](#)
8. [What are the different phases of the program?](#)
9. [How long is the program and what is my time commitment?](#)
10. [When does the program start?](#)
11. [When do classes start?](#)
12. [Since this program is called Choose One, does that mean I can only participate in one of the disease management programs?](#)
13. [Am I still able to participate in the program even if I am retired?](#)
14. [When I go for biometric screenings, will this be charged on County time or do I have to use my personal leave?](#)
15. [Is this a free program?](#)
16. [Would I be able to do cholesterol testing at no cost three times for the year?](#)
17. [How many biometric screenings are there in the program?](#)
18. [When are the screenings?](#)
19. [Does this replace the Diabetes program?](#)
20. [Is the program supportive of nutritional changes?](#)
21. [What topics are covered in the virtual education sessions?](#)

## 1. What is Cardiovascular Disease?

Cardiovascular disease can refer to a number of conditions affecting the heart and blood vessels which impact the free flow of blood to organs and throughout the body. If we use the garden hose as an example, water normally flows freely through the hose. But if it is partially clogged, the flow water is reduced to maybe a trickle. The same can occur with blood vessels. That is what high cholesterol does. On the other hand, hypertension is where the pressure of the blood flowing through the blood vessel is too great to be sustained and could find a weak spot and burst – an aneurism. None of these is good for your health when the free flow of blood has been restricted or disrupted.

[Top](#)

## 2. What is the Orlando Health Choose One program?

Choose One is a comprehensive, interactive heart-health program designed by a team of experts to help participants reduce their cardiovascular risk.

[Top](#)

## 3. How do you enroll in the program?

Call Orlando Health at 877-482-4667, visit <https://www.orlandohealth.com/chooseone> or email [R-ChooseOne@OrlandoHealth.com](mailto:R-ChooseOne@OrlandoHealth.com) to enroll or for more information.

[Top](#)

## 4. Who is eligible to participate in the program?

This program is available to all benefits-eligible employees; spouses and dependents over 18 years of age on the County health plan may participate; under 65 retirees, spouses and their dependents over 18 years of age, who are on the County's health plans.

[Top](#)

## 5. Can my spouse participate?

Yes, if a covered dependent on the County's health plans.

[Top](#)

## 6. When do I get my myOCWellness points?

- 25 myOCWellness points will be awarded for completion of first screening
- 25 myOCWellness points will be awarded for completion of second screening

More information about MyOCWellness points:

- Track your progress on the myCigna app or [myCigna.com](http://myCigna.com)
- For a complete list of ways to earn points, visit [www.ocfl.net/myOCWellness](http://www.ocfl.net/myOCWellness)
- If you have any questions, email [wellness@ocfl.net](mailto:wellness@ocfl.net)

[Top](#)

## 7. Will I lose myOCWellness points if I don't complete the program?

As long as you complete the required first or second screenings, you will have your points and they won't be revoked.

[Top](#)

## 8. What are the different phases in the program?

### PHASE 1: The Basics

- Two (2) biometric screening sessions [before and after]
- Weekly virtual education sessions [6 weeks]
- Available to all participants and provides interactive education to help make goal-based lifestyle changes – weight, blood pressure, blood sugar, cholesterol, etc.

### PHASE 2: Focus on Food

- Additional biometric testing
- Weekly virtual education sessions focused on heart healthy foods [6 weeks]
- Focus on Food, engages participants in heart-healthy nutrition, foods and recipes.
- Participants will be invited to participate

### PHASE 3: Maintenance

- Individual virtual sessions focused on maintaining heart-healthy lifestyle changes
- All about maintenance. A dedicated Orlando Health Care Manager will contact/call every month for three consecutive months, as well as provide continued support, resources and education on health care goals.
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[Top](#)

## 9. How long is the program and what is my time commitment?

- Phase 1: 12 weeks
- Phase 2: 8 weeks – *By Invitation*
- Phase 3: 12 weeks – *By Invitation*

Currently there are two enrollment periods offered annually. The first begins in mid-January and ends in September. The second begins in mid-April and ends in December. The full program is a commitment of 9 months total.

[Top](#)

## 10. When does the program start?

The program begins with the first phase of screenings, which take place twice annually in January and April.

[Top](#)

**11. When do classes start?**

Classes begin twice annually in February and May.

[Top](#)

**12. Since this program is called Choose One, does that mean I can only participate in one of the disease management programs?**

No, you are able to enroll in multiple disease management programs at once. For example, you can join the Thrive Diabetes program and also enroll in the Choose One program.

[Top](#)

**13. Am I still able to participate in the program even if I am retired?**

If an under 65 retiree continues on the County's health insurance, they are able to stay in the program until Medicare enrollment. If a retiree enrolls in a different health plan such as marketplace, Tricare or a spouse's employee health plan, then you are not eligible for the program at that time.

[Top](#)

**14. When I go for biometric screenings, will I be able to do so on County time or do I have to use my personal leave?**

As we have done with our other County programs, this is at the discretion of supervisors. Some individuals have used personal leave, while others have made up the missed time with their supervisor's approval.

[Top](#)

**15. Is this a free program?**

Yes, the program is free. There is no out-of-pocket cost to the employee or their spouse or dependent who are on the County's health insurance.

[Top](#)

**16. Would I be able to do cholesterol testing at no cost 3 times for the year?**

The program is free to all Orange County benefit eligible employees and their spouses. Appropriate screenings are performed within the program. Based on the results, you will receive more information as to what group you fall into, which may require more tests, etc.

[Top](#)

**17. How many biometric screenings are there in the program?**

There are three (3) biometric screenings in the program; two (2) in Phase 1 and one (1) in Phase 2.

[Top](#)

**18. When are the screenings?**

Two screenings events take place in Phase 1, which is April 19 – 30, 2021. There is an additional screening in Phase 2 for qualified participants.

[Top](#)

**19. Does this replace the Diabetes program?**

No, the Choose One program and Thrive Diabetes program are two separate programs, with completely different criteria and goals. You may participate in both programs.

[Top](#)

**20. Is the program supportive of nutritional changes?**

Nutritional changes are an important component for a heart healthy lifestyle. The Choose One program guides participants toward food choices that support heart health and positively impact weight, blood pressure, blood sugar and cholesterol levels. Recommendations encourage personal preference to ensure long term maintenance of nutrition changes.

[Top](#)

**21. What topics are covered in the virtual education sessions?**

- Know your Numbers & Goal Setting
- Heart-Healthy Nutrition
- Living Physically Active
- Behavior Change
- Self-Care & Support Systems
- Shopping & Label Reading
- Maintaining Success

[Top](#)