



THE ROAD AHEAD TO WELLBEING

Wellness Resource Guide

All services are free and confidential

Orange County Recreation Center and WellWorks Facilities

Orange County Recreation Centers and some of our Wellworks facilities are back open for use by employees. Check out the [OrangeNet Fitness Centers page](#) for information about safety measures and restrictions on capacity.

Wellness Team

Located at WellWorks Central
1850 East Michigan Street

Jessica Puentes

Orange County Wellness Coordinator
407-836-5498
Wellness@ocfl.net

Betsy Theriot

Centra Care Nurse
407-836-5665
OCNurse@AdventHealth.com

• Health screenings (BMI, blood pressure, glucose and cholesterol) • Health education • Referrals

Cigna Health Coaches

Allie McTighe | Jenn Tripodi | Karina Nwoko | Ramon Torres

• Individualized health coaching • Healthier eating • Physical activity • Disease prevention and management and more
CoachingOC@cigna.com

Cigna Medical and Dental Representative

• Medical • Prescriptions • Dental • HSA

Michael Bradley | Deon Hillmon

407-836-3271
OCRep@Cigna.com

ComPsych Employee Assistance Plan

• Legal • Financial • Emotional • Other Referral Services

1-855-221-8925
www.guidanceresources.com
Web ID: ORANGECOUNTY

Programs

Florida Oncology Connections

Partnership with Florida Cancer Specialists
855-327-6112
www.FLCancer.com/CareManagement

Thrive Diabetes Care Program

Partnership with AdventHealth
407-303-2720
FH.Diabetes.Care.Program@Adventhealth.com

Choose One Cardiovascular Program

Partnership with Orlando Health
R-ChooseOne@OrlandoHealth.com
www.orlandohealth.com/campaigns/choose-one

Employee Insurance Services

Regan Sampson

The Standard Insurance Company
On-site Account Specialist
407-790-8849
oclifeanddisability@standard.com
www.standard.com | 1-800-628-8600

• Life insurance • Accidental death & dismemberment • Short term disability and long-term disability

Cigna Health Information and Nurse Advice Line/Telephonic Coaching

1-800-244-6224
mycigna.com

Cigna Telehealth Services

MDLIVE for Cigna: 1- 888-726-3171

Cigna Healthy Pregnancies, Healthy Babies Program

1-800-615-2906

Humana Vision/Insight Network

Group: 1008338 (EyeMed)
Humana Group: 774123
Member Services: 1-877-398-2980
Network Providers: 1-877-398-2682
www.Humana.com

