

2025-2026 Health Coaching & On-Platform Goals



GOAL	REPORTING	POINTS	MAXIMUM
Cigna Individualized Health Coaching. Email CoachingOC@Cigna.com to get started! Make progress towards or achieve a personal health goal	Automatically	30	Max of 2
Complete the THRIVE Diabetes Program Complete the THRIVE Diabetes Program with Advent Health (Will trigger Required Biometric Screening) Watch Video Here For more information on how to enroll: 407-303-2720 cfd-s.diabetes.care.program@adventhealth.com	Automatically	60	Max of 1
Complete the Choose One – Cardiovascular Program Complete the CHOOSE One – Cardiovascular Program with Orlando Health. (Will trigger Required Biometric Screening) Watch Video Here For more information on how to enroll: (407) 407-3046 Email: ChooseOne@OrlandoHealth.com	Automatically	60	Max of 1
Cigna Cancer Care Support Program – Oncology Consult Service Work one-on-one with a Case Manager to understand your condition, and get help with coordinating care and treatment options, so you can focus on getting better. If you qualify, a case manager will contact you.	Automatically	30	Max of 1
myOCWellness Challenges Participate in the myOCWellness (Personify Health) challenge and track once a week for all the weeks of the challenge and stay on top of your lifestyle goals.	Automatically	5	Max of 4

