



2025 – 2026 Self-Reported Goals

These activities fall under the Education & Engagement category and are worth 5 points each.
Explore a mix of great opportunities throughout the year.
The program runs from October 1, 2025, to September 30, 2026

Education & Engagement Goals

You can complete up to 4 Education & Engagement Goals per quarter

Detailed attendance reports are kept for validation of participation by Wellness Administration for auditing purposes.

GOAL	REPORTING	POINTS
Wellness & Behavioral Health Webinars	Self-Reported	5 Max of 4
Financial Wellness Webinars (Provided by TCA)	Self-Reported	5 Max of 2
Cigna Recorded Webcasts Certificate of completion must be emailed to wellness@ocfl.net	Self-Reported	5 Max of 3
OC Mindfulness Events Must be hosted by the Wellness Team	Self-Reported	5 Max of 1
OC Wellness Expo	Self-Reported	5 Max of 1
OC Health Summits Health Summit hosted by the Wellness Team Events Calendar	Self-Reported	5 Max of 1
Blood Donation Check out the Events Calendar for upcoming Blood Drives to a location near you! View Calendar Here	Self-Reported	5 Max of 3



Screening & Wellness Goals

These activities fall under the Screenings & Wellness Activities category and are your path to better health—and bigger point totals! Activities are worth 10 points each.

The program runs from October 1, 2025, to September 30, 2026

Detailed attendance reports are kept for validation of participation by Wellness Administration for auditing purposes.

When you complete a 10 Point Goal activity, be sure to note the date you completed it. This helps ensure your points are accurately recorded and keeps you on track toward your wellness goals!

GOAL	REPORTING	POINTS
Screening – Skin Cancer Look for communications for OnSpot Mobile Dermatology bus at different locations throughout the County. View Events calendar Learn more about OnSpot	Self-Reported	10 Max of 1
Head & Neck Cancer Screening	Self-Reported	10 Max of 1
Annual vision/eye exam Group: 0236252 (Superior Network) Member Services: 1-833-393-5433	Self-Reported	10 Max of 1
Onsite Nurse Visits - Blood pressure screening	Self-Reported	10 Max of 3
Community Organized 5K or Greater Event IOA Corp 5K 2026 – Information Coming Soon! Corporate 5k Video Here	Self-Reported	10 Max of 1
OCG Life Balance Series via myOCLearn	Self-Reported	10 Max of 1
Financial Empowerment Center Counseling Session	Self-Reported	10 Max of 1

