

# Well-Being Goals



GOAL	REPORTING	POINTS	MAXIMUM
<b>Participate in Wellable Challenge(s)</b> <a href="#">More Information Here</a> <a href="#">Register for app</a>	Self-Reported	5	Max of 3
<b>Wellness &amp; Behavioral Health Webinars</b> Wellness Webinars are self-reported. Detailed attendance reports are kept for validation of participation by Wellness administration for auditing purposes.	Self-Reported	5	Max of 4
<b>Cigna Recorded Webcasts</b> Certificate of completion must be emailed to wellness@ocfl.net	Automatically	5	Max of 3
<b>Community Organized 5K or Greater Event</b> IOA Corp 5K 2024 – Information Coming Soon!1 <a href="#">IOA 2024 Video Here</a> Other Community Events: <a href="#">Track Shack Events</a>	Self-Reported	10	Max of 1
<b>Blood Donation</b> Check out the Events Calendar for upcoming Blood Drives to a location near you! <a href="#">View Calendar Here</a>	Self-Reported	5	Max of 3
<b>OC Mindfulness Events</b> Must be hosted by the Wellness Team	Self-Reported	5	Max of 2
<b>OC Wellness Expo</b> <a href="#">Events Calendar</a>	Self-Reported	10	Max of 1
<b>OC Wellness Summits</b> Health and Financial Wellness Summits hosted by the Wellness Team <a href="#">Events Calendar</a>	Self-Reported	10	Max of 2