



Wellness Resource Guide

All services are free and confidential

WELLNESS TEAM

Programs • Events • Resources

Theresa Utroske | Valerie Campanalie

407-836-5498

Wellness@ocfl.net

ON-SITE ADVENTHEALTH NURSE

Health screenings (BMI, blood pressure, glucose and cholesterol)

• Health education • Referrals

Betsy Theriot and Chelsea Chabot

407-836-5665

OCNurse@AdventHealth.com

CIGNA HEALTH COACHES

Individualized health coaching

*• Healthier eating • Physical activity
• Disease prevention and management
and more*

Alice Foster | Karina Nwoko

Allie Schmidt | Allison Zubasic

CoachingOC@Cigna.com

FREE GYM MEMBERSHIPS

Wellworks Facilities

Employees only

Orange County Recreation Centers -

Employees, spouses and dependents

*Visit the OrangeNet Fitness Centers
page for more information.*

MYOCWELLNESS

*Our wellness incentive program where
members earn points by completing
health-related tasks.*

*** Must be on our County's
medical plan**

CIGNA REPRESENTATIVES

Medical • Prescriptions

• Dental • HSA

Kay Junious 407-639-3055

Lisbett Rodriguez 407-335-2946

OCRep@CignaHealthcare.com

MENTAL HEALTH COUNSELOR

Emotional Support • Cognitive

Behavior Therapy • Bilingual

• 8 free sessions per issue

Janelle Carbone-Rodriguez, LCSW

Onsite & Virtual sessions available

1-855-221-8925

COMPSYCH

EMPLOYEE ASSISTANCE PROGRAM

Legal • Financial • Emotional

• Other Referral Services

• 8 free sessions per issue

1-855-221-8925

www.guidanceresources.com

Web ID: ORANGECOUNTY

HEALTH MANAGEMENT PROGRAMS

Thrive Diabetes Care Program

Partnership with AdventHealth

407-303-2720

cfd-s.diabetes.care.program@adventhealth.com

Choose One Cardiovascular Program

Partnership with Orlando Health

407-407-3046

ChooseOne@OrlandoHealth.com

OC MINDMATTERS

*Website designed for employees,
providing mental health resources*

OCMindmatters

THE STANDARD REPRESENTATIVE

*Life insurance • Short term and
longterm disability*

Donna McCann

971-321-7429

oclifeanddisability@standard.com

Member Services: 844-870-8634

EMPLOYEE INSURANCE SERVICES

24/7 Cigna Members Services Line

mycigna.com

1-800-244-6224

Cigna Telehealth Services

MDLIVE for Cigna: 1-888-726-3171

Cigna Healthy Pregnancies, Healthy Babies Program

1-800-615-2906

MetLife - Vision MetLife - Vision Benefits

Group: 0236252 (Superior Network)

Member Services (800) 333-9372

www.metlife.com

BENEFITS

HR Support 407-836-5661

benefits@ocfl.net

