



Wellness Resource Guide

All services are free and confidential

Orlando Magic Recreation Center Locations

FREE EMPLOYEE GYM MEMBERSHIPS

Barnett Park & Gym

4801 W. Colonial Drive
Orlando 32808
407-836-6248

Goldenrod Park

4863 N. Goldenrod Road
Winter Park 32792
407-254-9025

Meadow Woods Park

1751 Rhode Island Woods Circle
Orlando 32824
407-254-9065

Silver Star Community Park

2801 N. Apopka-Vineland Road
Orlando 32818
407-254-9250

South Econ Community Park

3850 S. Econlockhatchee Trail
Orlando 32829
407-254-9092

West Orange Recreation Center

309 S. West Crown Point Road
Winter Garden 34787
407-254-9245

> **Click here** for information on how to register for your fitness center membership or visit www.orlandomagicocflgyms.net

WellWorks

WellWorks Central

1850 East Michigan Street

WellWorks Express West

4200 South John Young Parkway

WellWorks Express East

6600 Amory Court

For more information please call 407-836-7476.

Wellness Team

Located at the Wellness Center

1850 East Michigan Street

Debra Hodge

OCG Wellness Coordinator
407-836-5498
Employee Wellness programs and events
debra.hodge@ocfl.net

- Onsite training
- Mobile mammography • Bio screenings
- Health summits
- Mobile health fairs
- 5k events • Flu shot clinics
- YMCA Diabetes

Betsy Theriot

Centra Care Nurse
407-836-5665
betzaida.theriot@flhosp.org

Blood pressure screenings • Confidential health advising and support • Health and Wellness presentations • Bio-metric screenings • Referrals to appropriate community resources

Sara Pellegrino

Cigna Onsite Registered Dietician
Mobile: 571-317-9293
Office: 407-836-7435
Sara.Pellegrino@cigna.com

Individualized nutrition coaching, healthy eating, Increasing physical activity, disease prevention & Chronic disease management.
All sessions are private and confidential.

Alicia Hyatte

Cigna Onsite Health Coach
Mobile: 407-419-2786
Office: 407-836-5691
Alicia.Hyatte@cigna.com

Personal and group coaching on healthy eating, physical activity, stress management, and general health conditions.
All sessions are private and confidential.

Cigna Medical and Dental Representatives

Michael Bradley

407-836-3271
michael.bradley@cigna.com

Katrina Howard

407-489-0302
katrina.howard@cigna.com

Employee Insurance Services

Cigna Health Information and Nurse Advice Line/Telephonic Coaching

1-800-244-6224
mycigna.com

The Standard Insurance Company

1-800-628-8600
www.standard.com
Assistance with: Life Insurance • Accidental Death & Dismemberment • Short Term Disability and Long-Term Disability

Terri Gridley

On-site Account Specialist
407-913-3458
Terri.Gridley@standard.com

Humana Vision Plan

Group: 1007800 (Eye Med)
Plan: 7741123
1-877-398-2980
www.Humana.com

Employee Assistance Plan

24 Hour Customer Service

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

Diabetes Care Program Enrollment Information

407-303-2720

YMCA Diabetes Prevention Program

407-204-2320
diabetesprevention@cfymca.org

