



RESOURCE GUIDE

WELLBEING

Wellness Team

Programs-Events-Resources

Jessica Puentes & Alie Roy

407-274-2260 & 407-921-8160

Wellbeing@ouc.com

Wellness Incentive Program

Members earn Wellness Watts by completing health-related tasks and could receive cash incentives and/or wellness hours as a reward for the following plan year. For more information and to register go to:

www.oucwellbeing.com

Gyms - Free gym at Reliable Plaza, Gardenia, Pershing, Stanton. **Employees must sign Health & Wellness Facility Waiver in OUCareer**

<https://ouc.csod.com/>

BENEFITS TEAM

HR Benefits Support

407-434-2284

Fax: 407-434-5003

benefits@ouc.com

OUC 360

OUC specific employee site. Find out what's happening at OUC!

<https://ouc360.com/employees>



AETNA EMPLOYEE SERVICES

Member Advocate

Medical- Dental-Vision

Claims & Coverage **Diana**

Donadel

561-724-1399

Fax: 877-559-7707

OUCAetnaRep@aetna.com

General Support

Medical-Dental-Vision

866-253-0659

www.aetna.com

Resources for Living - EAP

Financial, Legal, Counseling, Peer Groups, Talkspace – Professional Online Messaging Therapy, Other Services.

24/7 Confidential Support

800-272-7252, TTY: 711

www.resourcesforliving.com

Login: OUC / Password: OUC

24/7 Aetna Nurse Line

Talk to a registered nurse

800-556-1555 (TTY: 711)

Teledoc Health – Virtual Care Visit

24/7 Virtual care via video or audio-only visit Aetna Desktop or Mobile App: Get Quick Care, Plan a Visit, No copay for Primary Care!

855-Teladoc (835-2362)

www.teladoc.com/aetna

Maternity Program

Maternity support

800-CRADLE-1

(800-272-3531)

<https://health.aetna.com/healthprograms/maternityenroll>

HEALTH MANAGEMENT PROGRAMS

Thrive - Diabetes Care Program

Partnership with AdventHealth

407-303-2720 - cfd-s.diabetes.careprogram@adventhealth.com

adventhealthdiabetesinstitute.com

New Day, New Way – Weight Loss Program

Partnership with AdventHealth

407-303-2822

Code: OUCNDNW

FINANCIAL PROGRAMS

PayFlex - Flexible Spending Account (FSA- Health Care & Dependent Care), Health Reimbursement Arrangement (HRA) 844-729-3539

www.payflex.com

Fidelity Investment

Defined Contribution (DC) Plan, Deferred Compensation Plan (457b), or Supplemental Retirement Plan

Gene Varela & JT Carpenter

800-642-7131

Text* TALK to 343898

www.fidelity.com/atwork



SCAN
WELLbeing
QR Code

OUC100
A Century of Reliability

OUC360
NEWS ANYTIME. ANYWHERE.

aetna™