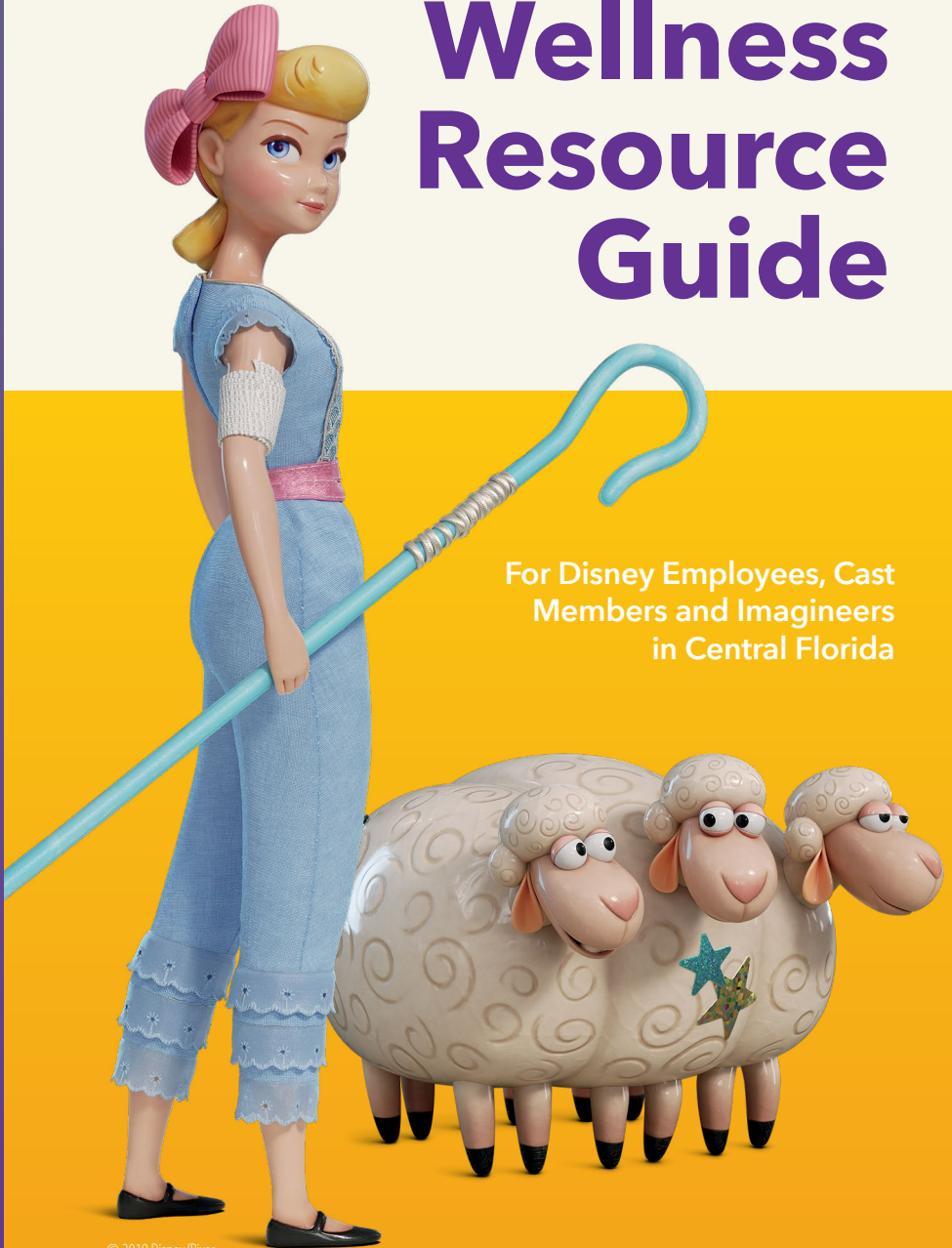


2020

# Wellness Resource Guide



For Disney Employees, Cast  
Members and Imagineers  
in Central Florida

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**TAKE YOUR  
HEALTH  
INTO YOUR  
OWN HANDS.**

It all starts here – with Disney’s wide range of services, programs and tools. Each one designed to support you on your personal wellness journey. Whether you want to get more familiar with your benefits coverage, get a little more active, or are managing a chronic condition, we have the resources to help and encourage you.

Inside this guide you’ll find the programs available to Disney Employees, Cast Members and Imagineers, as well as additional resources specific to the [Walt Disney World Resort](#). Use it throughout the year to quickly find the support and information you need.

**Get ready for a healthier, happier you.**












We want everyone to be able to get and stay healthy – Employees, princesses, superheroes, and robots, alike.

## ALL EMPLOYEES, CAST MEMBERS & IMAGINEERS







Programs/Resources	Description	Contact
 <b>DISNEY BENEFITS CENTER</b>	General eligibility and benefits questions. Obtain details of your health plan benefits and programs, savings and retirement plans and eligibility for wellness rewards.	<b>1-800-354-3970</b> <b>Benefits.Disney.com</b>
 <b>BIOMETRIC SCREENINGS</b>	Biometric screenings can be completed onsite or you may print a Physician Results Form to have a screening done with your primary care physician (PCP).	Onsite Appt: <b>Benefits.Disney.com</b> <b>My.QuestForHealth.com</b> (Registration Key Disney)
 <b>PERSONAL LIFE RESOURCES</b>	Free resources and referral services for child care, senior care, education, financial, legal, pet care, relocation and more, plus national and local discounts on products and services, including fitness clubs and workout apparel.	Register at <b>lifecare.com/disney</b> using registration code: Disney or call <b>1-866-574-7229</b>
 <b>DISNEY HEALTHY PURSUITS COACH</b>	Partner with your free health coach to lose weight, lower cholesterol, manage a chronic condition, or make one of many other lifestyle changes. Coaches holistically help you set and achieve realistic goals so you can get on track with your personal wellness journey.	<b>1-800-577-7498</b> , option 2 or say <i>Disney Healthy Pursuits</i> Wellness Team <b>DisneyBeWell.com</b> > Wellness Resources
 <b>PERSONAL HEALTH ASSESSMENT (PHA)</b>	Take a confidential health assessment online. It's important to know your numbers and understand your health risks.	<b>Benefits.Disney.com</b> or <b>myCigna®</b> mobile app
 <b>QUIT SMOKING PROGRAMS</b>	Receive support from a <i>Disney Healthy Pursuits</i> Coach to help you quit smoking. <b>Cigna medical plan participants:</b> Onsite, phone or online programs to help you quit tobacco use. You can also get free over-the-counter nicotine replacement when you talk with a Cigna representative.	<b>1-800-577-7498</b> , option 2 or say <i>Disney Healthy Pursuits</i> Wellness Team <b>myCigna.com</b>
 <b>WELLNESS REWARDS PROGRAM</b>	<b>ENROLLED</b> in a Disney medical plan: Earn up to a total of \$600 for you and your eligible spouse/domestic partner.	<b>1-800-354-3970</b> <b>Benefits.Disney.com</b> <b>myCigna.com</b>
 <b>EMPLOYEE ASSISTANCE PROGRAM (EAP) / BEHAVIORAL HEALTH</b>	Free, confidential benefit for you and your household members to help solve personal issues and better balance your life.	<b>1-800-952-6676</b> <b>myCigna.com</b>
 <b>MYCIGNA.COM</b>	Access the Personal Health Assessment and check the status of your wellness rewards (if eligible); get information on health issues.	<b>myCigna</b> mobile app available for smartphone and tablet devices
 <b>WELLNESS VIDEOS AND CHALLENGES</b>	At-home or on-the-go wellness activities. Participate in wellness challenges and view video tutorials on topics such as yoga, fitness, healthy cooking, meditation, and sleep.	<b>Grokker.com/Disney</b>
 <b>SAVINGS AND REIMBURSEMENT ACCOUNTS (OPTUM BANK)</b>	<b>Benefits-eligible Cast:</b> Manage your Health Savings Account (HSA), Health Reimbursement Account (HRA) and/or your Health Care and Dependent Day Care Flexible Spending Accounts (FSAs). Use Disney contributions or your own tax-free dollars to pay for eligible health care and dependent care expenses.	<b>1-888-619-2118</b> <b>Optumbank.com/Disney</b>

# DISNEY MEDICAL PLAN PARTICIPANTS

Programs/Resources	Description	Contact
 <b>DIABETES SUPPORT &amp; SAVINGS</b>	Partner with a <i>Disney Healthy Pursuits</i> Coach to learn diabetes management techniques and to qualify for free diabetes medications by setting and meeting quarterly goals.	<b>1-800-577-7498</b> , option 2 or say <i>Disney Healthy Pursuits</i> Wellness Team
 <b>DEDICATED CUSTOMER SERVICE</b>	Get answers to any questions you may have regarding your Disney medical benefits.	<b>1-800-577-7498</b> , option 1 <b>myCigna.com</b> <b>Orlando Health</b> <b>1-844-939-6437</b> <b>OrlandoHealth.com/Disney</b> <b>AdventHealth</b> <b>1-855-747-7476</b> <b>Disney.AdventHealth.com</b> <b>AH/OH Claims Questions</b> <b>1-855-999-1522</b> <b>askallegiance.com/DisneyAH</b> <b>askallegiance.com/DisneyOH</b>
 <b>CIGNA HEALTHY PREGNANCIES, HEALTHY BABIES®</b> (CIGNA OPTIONS) / <b>ALLEGIANCE MATERNITY MANAGEMENT</b> (ADVENTHEALTH AND ORLANDO HEALTH HMOS)	Personalized maternity support, free prenatal vitamins through Express Scripts and up to \$250 in rewards for participating in the program.	<b>Cigna medical options:</b> <b>1-800-577-7498</b> , option 5 or say <i>Healthy Pregnancies, Healthy Babies</i> <b>AH/OH medical options:</b> <b>1-877-792-7827</b> , option 1
 <b>ONCOLOGY PROGRAM</b>	Help understanding the diagnosis, treatment, medications and side effects for you or a family member who is coping with cancer.	<b>Cigna: 1-800-577-7498</b> , option 8 - or take the call when Cigna reaches out to you <b>OH/AH: 1-877-792-7827</b>
 <b>CASE MANAGEMENT SERVICES</b>	Help for you, your family and your physician coordinating care of a serious or chronic illness.	<b>Cigna: 1-800-577-7498</b> , option 8 - or take the call when Cigna reaches out to you <b>AH/OH: 1-877-792-7827</b>
 <b>ONLINE SUPPORT AND RESOURCES</b>	Interactive online tools to manage your health, hospital ratings, procedural cost estimates by plan, plan details, claim status, frequently asked questions and more.	<b>myCigna.com</b> or <b>myCigna</b> mobile app <b>askallegiance.com/DisneyOH</b> <b>askallegiance.com/DisneyAH</b>
 <b>PREVENTIVE CARE</b>	Preventive health benefits and information.	<b>Cigna: 1-800-577-7498</b> , option 1 - or <b>myCigna.com</b> <b>AH/OH: 1-855-999-1522</b>
 <b>CIGNA 24-HOUR HEALTH INFORMATION LINE<sup>SM</sup></b>	Speak with a nurse anytime with questions about your health, home care, choosing a medical facility, and more. Audio library also available.	<b>1-800-577-7498</b> , option 4
 <b>CENTER FOR LIVING WELL</b>	Primary, preventive and urgent care visits for adults and children. 90-day prescriptions at mail-order pricing, deeply discounted pricing on over-the-counter meds, \$10 copays for Cigna, Orlando Health and AdventHealth HMO options, and affordably priced office visits for Consumer Choice and Basic PPO. Other services include labs, x-rays, diet and diabetes consultations.	<b>DisneyBeWell.com</b> > Wellness Resources Go to <b>myclw.com</b> or call <b>1-407-934-4100</b> to schedule an appointment.

# WALT DISNEY WORLD

## TO HELP YOU GET ACTIVE

Programs/Resources	Description	Contact
 <b>SPORTS &amp; CAST WALKING LEAGUES</b>	Join a team and have fun while getting active: Softball, volleyball, basketball, Cast walking league, and more. Check it out!	<b>DisneyBeWell.com</b> > Get Active > Cast Sports Leagues
 <b>FITNESS CLASSES</b>	Try something new or keep going with your favorite: ZUMBA®, yoga, and more!	<b>DisneyBeWell.com</b> > Onsite Classes
 <b>MICKEY'S CAST FITNESS CENTER</b>	Full range of cardio equipment, free weights, and strength training machines, as well as a variety of motivational group exercise classes that are free for members. Extended hours for members, 7 days a week, 5 am-11 pm. Staffed hours are Monday-Friday 5:30 am-8 pm.	<b>DisneyBeWell.com</b> > Get Active > Mickey's Cast Fitness Center
 <b>FITNESS DISCOUNTS</b>	Discounts at LifeMart for national fitness clubs and workout apparel.	Register at <b>lifecare.com/disney</b> using registration code: Disney, click LifeMart, then search 'fitness', or call <b>1-866-574-7229</b> .
 <b>DISNEY TRI-TEAM</b>	Encouragement to participate in many types of endurance events: Triathlons, running, cycling, swimming, etc.	<b>DisneyTriTeam@disney.com</b> <b>For WDW:</b> Backlot.Disney.com/Groups/LBVSportsClub
 <b>MICKEY'S RETREAT - A CAST RECREATION AREA</b>	Visitors to the park can enjoy a children's playground, swimming pool, marina, tennis courts, basketball courts, volleyball courts and a large sports field, grills and pavilions. For large gatherings, four pavilions can be reserved for a fee.	<b>WDW.Mickeys.Retreat@Disney.com</b>

# RESORT

On top of your Disney benefits, you are also eligible for extra-special benefits, just for working at the Walt Disney World Resort.



## TO HELP YOU GET AND STAY HEALTHY

Programs/Resources	Description	Contact
 <b>DISNEY HEALTHY PURSUITS ONSITE COACHING</b>	<p><i>Disney Healthy Pursuits</i> Coaches are located onsite at many resort locations, and via the Cigna mobile health coaching van, to meet with you face-to-face and work with you on your wellness goals.</p>	<p><b>DisneyBeWell.com</b>            &gt; Wellness Resources            &gt; Health Coaching  <b>1-800-577-7498</b>, option 2            or say <i>Disney Healthy Pursuits</i> Wellness Team</p>
 <b>SWELL CHOICE</b>	<p>Selecting healthier options at Cast dining locations is easier than ever with Swell Choice! Look for the Swell Choice Mickey icon to easily identify food and beverage options that meet specific healthy nutritional guidelines. Swell Choice is a Cast-exclusive brand available across our Cast cafeterias, Avenue C and vending locations.</p>	<p><b>DisneyBeWell.com</b>            &gt; Swell Choice</p>
 <b>NUTRITION AND WEIGHT LOSS PROGRAMS</b>	<p>Discounts on weight loss and healthy eating programs.</p>	<p>Register at <b>lifecare.com/disney</b> using registration code: Disney, click LifeMart, then search 'nutrition', or call <b>1-866-574-7229</b></p>
 <b>OMADA WEIGHT LOSS PROGRAM</b> (Cigna or Allegiance medical plan participants)	<p>Free, personalized online program to give those at risk for Type 2 diabetes or heart disease tools and support to change behavior and promote weight loss. You must meet certain eligibility guidelines to participate.</p>	<p>Find out if you are eligible at <b>Omadahealth.com/disney</b></p>
 <b>MOBILE MAMMOGRAPHY PROGRAM</b>	<p>Monthly mobile mammography services at various Walt Disney World Resort locations.</p>	<p><b>DisneyBeWell.com</b>            &gt; Wellness Resources</p>
 <b>ONSITE EMPLOYEE ASSISTANCE PROGRAM (EAP)</b>	<p>Free, confidential benefit for you and your household members to help solve personal issues and better balance your life. 24/7 crisis support.</p>	<p>Onsite appointment (CMs only): <b>1-407-647-1781 (24/7/365)</b>            By phone or for family members (Spanish assistance available): <b>1-800-952-6676 myCigna.com</b></p>

# Life | My Benefits

