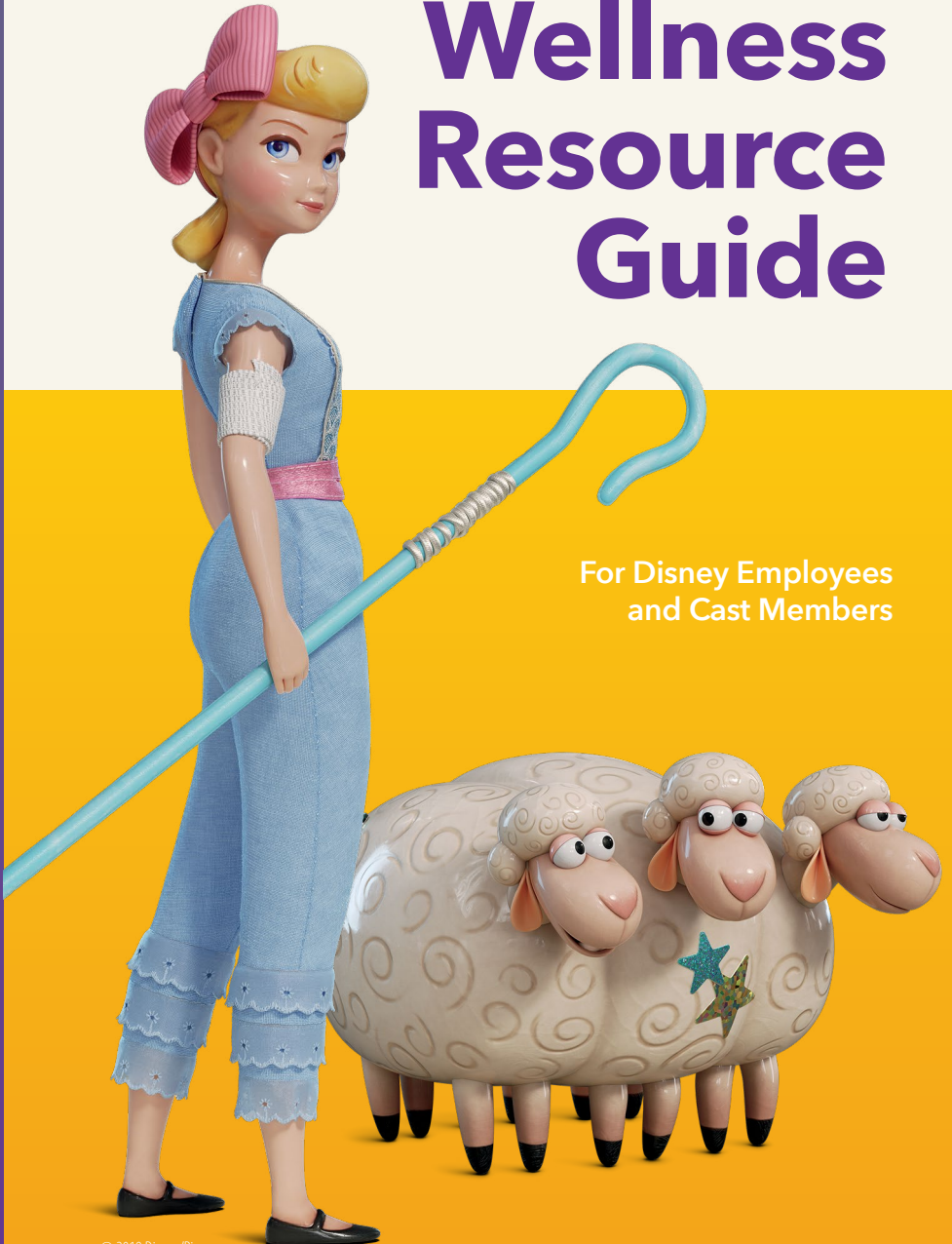


Wellness Resource Guide



For Disney Employees
and Cast Members

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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 all Disney Employees and Cast Members as well as additional resources specific to [Burbank/Glendale/Los Angeles](#) locations. Use it throughout the year to quickly find the support and information you need.

Get ready for a healthier, happier you.










DISNEY

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




ALL EMPLOYEES

Programs/Resources	Description	Contact
 DISNEY BENEFITS CENTER	General eligibility and benefits questions. Obtain details of your health plan benefits and programs, savings and retirement plans and eligibility for wellness rewards.	1-800-354-3970 Benefits.Disney.com
 BIOMETRIC SCREENINGS	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: Benefits.Disney.com My.QuestForHealth.com (Registration Key: Disney)
 PERSONAL LIFE RESOURCES	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 lifecare.com/disney using registration code: Disney or call 1-866-574-7229
 DISNEY HEALTHY PURSUITS COACH	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.	1-800-577-7498 , option 2 or say <i>Disney Healthy Pursuits</i> Wellness Team
 PERSONAL HEALTH ASSESSMENT (PHA)	Take a confidential health assessment online. It's important to know your numbers and understand your health risks.	Benefits.Disney.com or myCigna® mobile app
 QUIT SMOKING PROGRAMS	Receive support from a <i>Disney Healthy Pursuits</i> Coach to help you quit smoking. Cigna medical plan participants: 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. Kaiser medical plan participants: Participate in a self-paced and personalized program to help you stop smoking. You can also speak with a coach, focus on healthy habits and create an action plan.	1-800-577-7498 , option 2 or say <i>Disney Healthy Pursuits</i> Wellness Team myCigna.com my.kp.org/Disney for details
 EMPLOYEE ASSISTANCE PROGRAM (EAP)/ BEHAVIORAL HEALTH	Free, confidential benefit for you and your household members to help solve personal issues and better balance your life. Onsite counselor available in Burbank/Glendale.	1-800-952-6676 myCigna.com Onsite appt: 818-497-7470
 WELLNESS REWARDS PROGRAM	ENROLLED in a Disney medical plan: Earn up to a total of \$600 for you and your eligible spouse/domestic partner.	1-800-354-3970 Benefits.Disney.com myCigna.com
 MYCIGNA.COM	Access the Personal Health Assessment and check the status of your wellness rewards (if eligible); get information on health issues.	myCigna mobile app available for smartphone and tablet devices
 WELLNESS VIDEOS AND CHALLENGES	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.	Grokker.com/Disney
 SAVINGS AND REIMBURSEMENT ACCOUNTS (OPTUM BANK)	Benefits-eligible employees: 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.	1-888-619-2118 Optumbank.com/Disney

CIGNA MEDICAL PLAN PARTICIPANTS

Programs/Resources	Description	Contact
 DIABETES SUPPORT & SAVINGS	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.	1-800-577-7498 , option 2 or say <i>Disney Healthy Pursuits</i> Wellness Team
 DEDICATED CUSTOMER SERVICE	Get answers to any questions you may have regarding your Cigna health benefits.	1-800-577-7498 , option 1 myCigna.com
 CIGNA HEALTHY PREGNANCIES, HEALTHY BABIES®	Cigna provides personalized maternity support. Separately, Disney offers free prenatal vitamins through Express Scripts and up to \$250 in rewards for participating in the program.	1-800-577-7498 , option 5 or say <i>Healthy Pregnancies, Healthy Babies</i>
 OMADA WEIGHT LOSS PROGRAM	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.	Find out if you are eligible at Omdahealth.com/disney
 CIGNA ONCOLOGY PROGRAM	Help understanding the diagnosis, treatment, medications and side effects for you or a family member who is coping with cancer.	1-800-577-7498 , option 8 or take the call when Cigna reaches out to you
 CASE MANAGEMENT SERVICES	Help for you, your family and your physician coordinating care of a serious or chronic illness.	1-800-577-7498 , option 8 or take the call when Cigna reaches out to you
 MYCIGNA.COM	Interactive online tools to manage your health, hospital ratings, procedural cost estimates by plan, plan details, claim status, frequently asked questions and more.	myCigna mobile app available for smartphone and tablet devices
 PREVENTIVE CARE	Preventive health benefits and information.	1-800-577-7498 , option 1 myCigna.com
 CIGNA 24-HOUR HEALTH INFORMATION LINESM	Speak with a nurse anytime with questions about your health, home care, choosing a medical facility and more. Audio library also available.	1-800-577-7498 , option 4





KAISER MEDICAL PLAN PARTICIPANTS

 DEDICATED CUSTOMER SERVICE	Get answers to any questions you may have regarding your Kaiser health benefits.	1-800-464-4000 my.kp.org/Disney
 THRIVE TOGETHER	Access health-related articles on topics such as Healthy Pregnancy, Stay Active, Eat Healthy, Live Well and more to discover ways you and your family can thrive.	my.kp.org/Disney
 KAISER NUTRITION LIFESTYLE IMPROVEMENT PROGRAMS	Online programs for tools, information and support to eat better and manage your weight.	my.kp.org/Disney





BURBANK/GLENDALE/ LOS ANGELES

On top of your Disney benefits, you are also eligible for these additional benefits, just for working in the Burbank/Glendale/Los Angeles area.

TO HELP YOU GET ACTIVE

Programs/Resources	Description	Contact
 SPORTS LEAGUES & PHYSICAL ACTIVITY	Join a team and have fun while getting active: Softball, golf, bowling and basketball are all available.	For more information contact Disney.Employee.Events@disney.com
 GYM FACILITY/ FITNESS CLASSES	In addition to general gym access and personal training services, try something new or keep going with your favorite: ZUMBA®, Pilates, yoga and other classes are available.	Hyperion Health Club (1-818-560-9020) Aja.X.Bush.-ND@disney.com
 FITNESS DISCOUNTS	Discounts at LifeMart for national fitness clubs and workout apparel.	Register at lifecare.com/disney using registration code: Disney, click LifeMart, then search 'fitness', or call 1-866-574-7229
 DISNEY TRI-TEAM	Encouragement to participate in many kinds of endurance events: Triathlons, running, cycling, swimming, etc.	DisneyTriTeam@disney.com

TO HELP YOU EAT AND STAY HEALTHY

Programs/Resources	Description	Contact
 DISNEY HEALTHY PURSUITS ONSITE COACHING	<i>Disney Healthy Pursuits Coaches</i> are located onsite in Burbank and Glendale to meet with you face-to-face and work with you on your wellness goals. In addition, coaches offer regular classes on healthy eating and weight management.	1-800-577-7498 , option 2 or say <i>Disney Healthy Pursuits Wellness Team</i>
 HEALTHY FOOD OPTIONS	Make healthy food choices at work. Take advantage of fresh produce delivered to work!	Look for the portion-controlled In Balance-branded food options at your local cafes.
 WEIGHT WATCHERS®	Meetings are held at both the Studio Lot and Glendale Creative Campus.	disney.wellness@disney.com
 MAIL-ORDER FOOD DISCOUNTS	Discounts on food orders and shipping.	Register at lifecare.com/disney using registration code: Disney, click LifeMart, then search "Food Delivery"

Life | My Benefits

