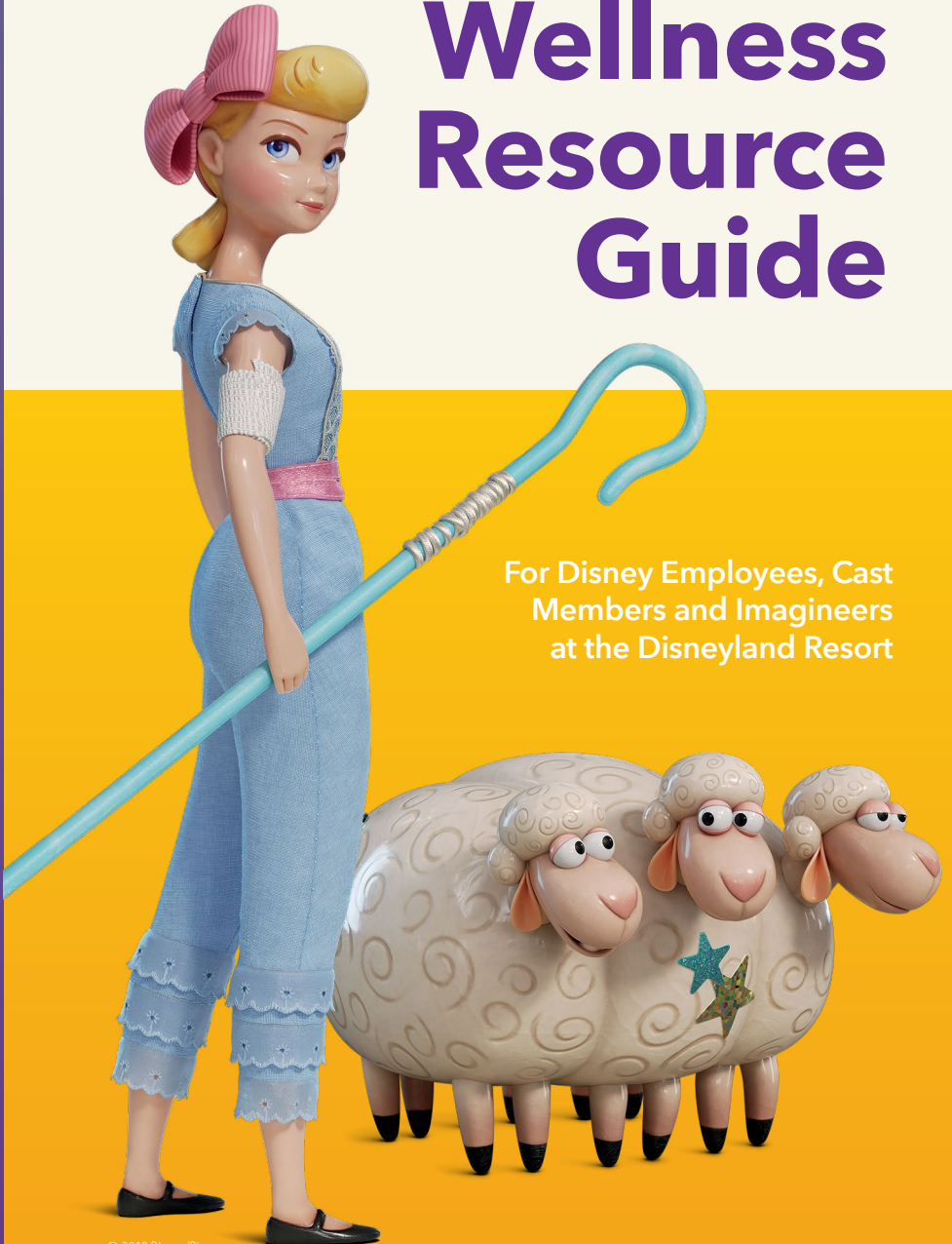


Wellness Resource Guide



For Disney Employees, Cast
Members and Imagineers
at the Disneyland Resort

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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 [Disneyland Resort](#). 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, CAST MEMBERS & IMAGINEERS

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 DisneyBeWell.com > Wellness Resources
 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 to 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
 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
 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.	1-800-952-6676 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 Cast: 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
 DEDICATED CUSTOMER SERVICE	Get answers to any questions you may have regarding your Cigna health benefits.	1-800-577-7498 , option 1 myCigna.com
 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
 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 Omadahealth.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
 KAISER NUTRITION LIFESTYLE IMPROVEMENT PROGRAMS	Online programs for tools, information and support to eat better and manage your weight.	my.kp.org/Disney
 KAISER PERMANENTE MOBILE HEALTH VEHICLE	Visit the mobile health vehicle for a wide range of primary care services. Regular copay applies for KP member visits with a physician.	Watch for details for when the mobile health vehicle will be on property and how to make an appointment.
 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

DISNEYLAND RESORT






TO HELP YOU GET ACTIVE

Programs/Resources	Description	Contact
 SPORTS & CAST WALKING LEAGUES	Join a team and have fun while getting active: Softball, volleyball, basketball, futsal soccer, Cast walking leagues and more. Check it out!	DisneyBeWell.com > Get Active > Cast Sports Leagues
 FITNESS CLASSES	Try something new or keep going with your favorite fitness classes!	DisneyBeWell.com > Onsite Classes
 ATHLETIC TRAINERS	All Cast Members may utilize the services of an onsite Athletic Trainer for preventive measures, such as an individualized strength and conditioning program.	DisneyBeWell.com > Get Active > Athletic Trainers (714) 781-1312 DLR.Athletic.Trainer@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 types of endurance events: Triathlons, running, cycling, swimming, etc.	DisneyTriTeam@disney.com

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



TO HELP YOU GET AND STAY HEALTHY

Programs/Resources	Description	Contact
 <p>DISNEY HEALTHY PURSUITS ONSITE COACHING</p>	<p><i>Disney Healthy Pursuits</i> Coaches are located onsite at Health Services, The Pharmacy for Living Well, Disney's Paradise Pier Hotel, Disneyland Hotel, Disney's Grand Californian Hotel and Spa, plus 1 day a week at DRTSC in downtown Anaheim (DRTSC CMs only) to meet with you face-to-face and work with you on your wellness goals.</p>	<p>DisneyBeWell.com > Wellness Resources > Health Coaching 1-800-577-7498, option 2 or say <i>Disney Healthy Pursuits</i> Wellness Team</p>
 <p>SWELL CHOICE</p>	<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>DisneyBeWell.com > Swell Choice</p>
 <p>NUTRITION AND WEIGHT LOSS PROGRAMS</p>	<p>Discounts on weight loss and healthy eating programs.</p>	<p>Register at lifecare.com/disney using registration code: Disney, click LifeMart, then search "nutrition"</p>
 <p>PHARMACY FOR LIVING WELL</p>	<p>Full-service onsite pharmacy backstage at Disneyland Park behind Alien Pizza Planet (2nd floor, near Health Services). Services include prescriptions, over-the-counter medications, and onsite medication therapy counseling.</p>	<p>DisneyBeWell.com > Wellness Resources Phone: 1-657-208-5485 Fax: 1-714-224-0172</p>
 <p>EMPLOYEE ASSISTANCE PROGRAM (EAP)</p>	<p>Free, confidential benefit for you and your household members to help solve personal issues and better balance your life. 24/7 crisis support. Assistance in Spanish available.</p>	<p>To schedule an appointment with an onsite counselor: Registerformyevent.com/DLREAP Phone: 1-800-952-6676</p>

Life | My Benefits

