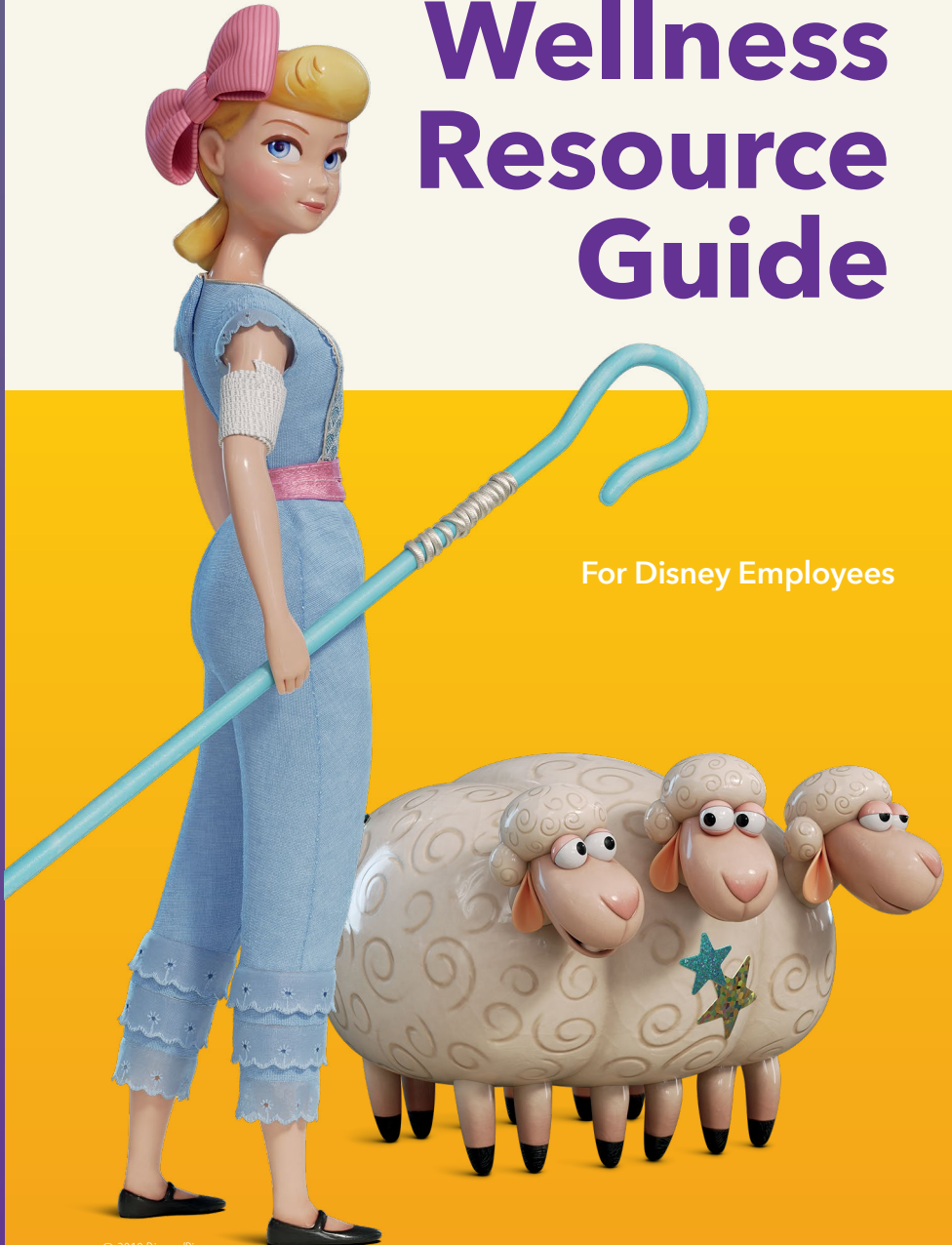


# Wellness Resource Guide

For Disney Employees



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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 as well as additional resources specific to [ESPN/ABC](#). 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
 <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>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>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. Onsite counselor available in NY and Bristol.	<b>1-800-952-6676</b> <b>myCigna.com</b> For onsite appt: <b>1-860-833-3333</b> (Bristol) <b>1-917-836-7859</b> (NY)
 <b>WELLNESS REWARDS PROGRAM</b>	<b>ENROLLED in a Disney medical plan:</b> 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>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 employees:</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>


# CIGNA 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 Cigna health benefits.	<b>1-800-577-7498</b> , option 1 <b>myCigna.com</b>
 <b>CIGNA HEALTHY PREGNANCIES, HEALTHY BABIES®</b>	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.	<b>1-800-577-7498</b> , option 5 or say <i>Healthy Pregnancies, Healthy Babies</i>
 <b>OMADA WEIGHT LOSS PROGRAM</b>	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 <b>Omadahealth.com/disney</b>
 <b>CIGNA ONCOLOGY PROGRAM</b>	Help understanding the diagnosis, treatment, medications and side effects for you or a family member who is coping with cancer.	<b>1-800-577-7498</b> , option 8 or take the call when Cigna reaches out to you
 <b>CASE MANAGEMENT SERVICES</b>	Help for you, your family and your physician coordinating care of a serious or chronic illness.	<b>1-800-577-7498</b> , option 8 or take the call when Cigna reaches out to you
 <b>MYCIGNA.COM</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</b> mobile app available for smartphone and tablet devices
 <b>PREVENTIVE CARE</b>	Preventive health benefits and information.	<b>1-800-577-7498</b> , option 1 <b>myCigna.com</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





# ESPN/ABC

On top of your Disney benefits, you are also eligible for these additional benefits, just for working at ESPN or ABC.

## TO HELP YOU GET ACTIVE

Programs/Resources	Description	Contact
 <b>SPORTS LEAGUES &amp; PHYSICAL ACTIVITY</b>	Join a team and have fun while getting active: Softball, volleyball, basketball are all available.	Call the ESPN Wellness team at <b>1-860-766-2774</b>
 <b>GYM FACILITY/ FITNESS CLASSES</b>	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.	<b>ESPN Wellness Center (Bristol Campus)</b> <b>1-860-766-2774</b> or Facebook at <b>facebook.com/espnwellness</b>
 <b>WELLNESS 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.	<b>ESPN Wellness Center (Bristol Campus)</b> <b>1-860-766-2774</b> or Facebook at <b>facebook.com/espnwellness</b>
 <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 kinds of endurance events: Triathlons, running, cycling, swimming, etc.	<b>DisneyTriTeam@disney.com</b>

## TO HELP YOU EAT AND STAY HEALTHY

Programs/Resources	Description	Contact
 <b>HEALTHY FOOD OPTIONS</b>	Make healthy food choices at work.  <b>Bristol Campus:</b> Take advantage of FIT menu items that follow specific calorie, saturated fat and sodium guidelines for those that want a healthy meal option at work.	Look for the portion-controlled In Balance branded food options at your local cafes.
 <b>WEIGHT WATCHERS®</b>	Meetings are held at various locations in New York City.	<b>Barbara.J.Israel@abc.com</b> Wednesdays, Noon-1:00 pm at 77W 6th floor
 <b>MAIL-ORDER FOOD DISCOUNTS</b>	Discounts on food orders and shipping.	Register at <b>lifecare.com/disney</b> using registration code: Disney, click LifeMart, then search "Food Delivery"
 <b>WEIGHT MANAGEMENT &amp; HEALTH EDUCATION</b>	Resources designed to guide your pursuit to a healthy lifestyle. The Weight Management Series is offered as a 6- or 12-week program with weekly group meetings, weigh-ins and informational sessions. The health improvement seminars are offered in 30-60 minute sessions. Both offerings are available through the onsite <i>Disney Healthy Pursuits</i> Wellness team.	<b>Eric Brownell</b> <i>Disney Healthy Pursuits</i> Wellness Coordinator at <b>1-646-477-7384</b> or <b>eric.brownell@cigna.com</b>

# Life | My Benefits

