

2020

Wellness Resource Guide

In this guide you'll find the programs available to all Disney Employees and Cast Members as well as additional resources specific to **participants in Disney's Cigna medical plan options**. Use it throughout the year to quickly find the support and information you need. **Get ready for a healthier, happier you.**

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
 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 smartphones and tablets
 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
 WELLNESS REWARDS PROGRAM	Earn up to a total of \$600 for you and your eligible spouse/domestic partner.	1-800-354-3970 Benefits.Disney.com myCigna.com
 PREVENTIVE CARE	Preventive health benefits and information.	1-800-577-7498 , option 1 myCigna.com
 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
 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>
 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
 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



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
 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
 PERSONAL LIFE RESOURCES	Free resources and referral services for childcare, 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
 SAVINGS AND REIMBURSEMENT ACCOUNTS (OPTUM BANK)	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
 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 smartphones and tablets
 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
 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 Wellness Team</i>
 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 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 on the myCignaSM mobile app
 QUIT SMOKING PROGRAM	Receive support from a <i>Disney Healthy Pursuits Coach</i> to help you quit smoking. 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.	1-800-577-7498 , option 2 or say <i>Disney Healthy Pursuits Wellness Team</i> myCigna.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
 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"

