

Restorative Wellness Goals



GOAL	REPORTING	POINTS	MAXIMUM
Behavioral Health Webinars Cigna Webcasts are self-reported and the Certificate of Completion MUST be emailed to wellness@ocfl.net	Self-Reported	5	Max of 2
Massage Therapy 30+ Minutes 30+ Minute Professional Massage Therapy Email copy of receipt to wellness@ocfl.net Retain Receipt for validation	Self-Reported	5	Max of 2
OC Mindfulness Events Information coming soon	Self-Reported	5	Max of 2
Happify Complete a Gold Medal level in the Happify program in myCigna.com Email screenshot for earning a Gold Medal to Wellness@ocfl.net	Self-Reported	5	Max of 1