

SEPTEMBER 2024

Stay Connected:

X/Twitter: @MDCPSWellWay

Instagram: @mdcpswellway

Weblinks Provided



Sunday

Monday

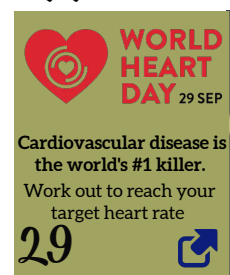
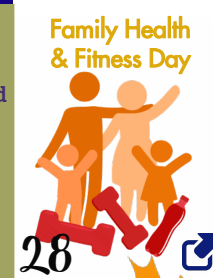
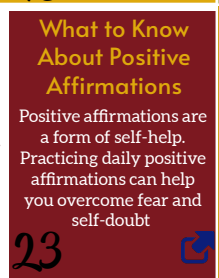
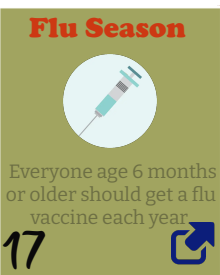
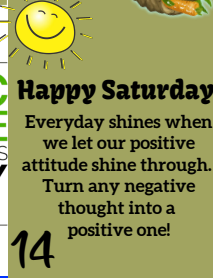
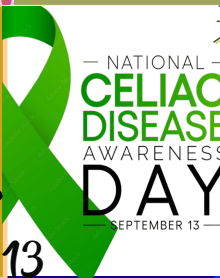
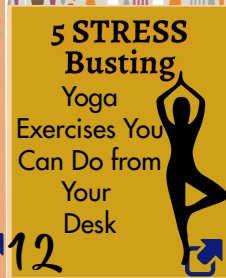
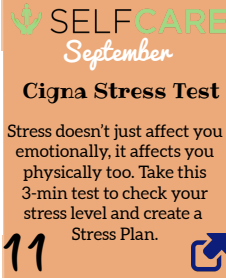
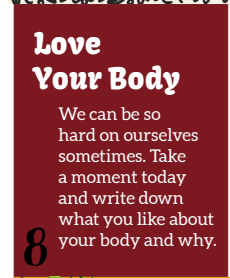
Tuesday

Wednesday

Thursday

Friday

Saturday



Questions/Hotlines:

Cigna Representative: 1-800-806-3052, 24 hours/7 days a week

Cigna Total Behavioral Health Program: 1-800-806-3052 OPT.3 24 hours/7 days a week

FBMC Representative: 1-855-632-7748, Monday-Friday, 7am - 7pm

Office of Risk and Benefits Management: 305-995-7129

District Employee Assistance Program: 305-995-7111

Well Way: 305-995-7129

Jacie Robles, RDN/LD, Health Coach: 786-514-0205