



HEALTHY@HARRIS CHOOSE HEALTHIER FAQs



PROGRAM OVERVIEW

1. WHAT IS THE CHOOSE HEALTHIER PROGRAM?

- The Choose Healthier program is based on a partnership between Employee Wellness and Food and Nutrition Services (FANS) that improves access to healthier food in the cafés and vending machines at Harris Health pavilions in addition to healthy catering options for meetings and events.
- The goals are:
 1. To increase the number of healthy options in the cafes and vending machines
 2. To improve the variety of healthy options in the cafes and vending machines
 3. To make it easier for Harris Health employees to identify and purchase healthy options from the cafes and vending machines
- The program will be rolled out in phases:
 1. The first phase of the program addresses Grab 'N Go food choices in the cafés. Harris Health café locations: Ben Taub Hospital, LBJ Hospital, and 4800 Fournace
 2. The second phase will address hot meals in the cafés.
 3. The third phase will address vending machine options at all sites.
 4. The fourth phase will include the opportunity to preorder, prepay and express pick up via Choose Healthier kiosks.
- The target audience is Harris Health employees. However, all guests will be able to purchase Choose Healthier options.
- Signage will be added in the café and around vending machines to indicate qualifying Choose Healthier items.
- Choose Healthier menu selections will be included on the catering order form.
- Employees can receive a discount towards a Choose Healthier meal by using a Choose Healthier voucher. See the section on vouchers for more details.

2. HOW DOES THIS PROGRAM ALIGN WITH THE HEALTHY@HARRIS VISION?

- The Healthy@Harris vision is “to empower a corporate culture of health that inspires individuals to live with high energy, good health and passion for life”. The Choose Healthier program supports this vision by creating a healthy environment in our cafes and making healthier choices more accessible to employees.

3. WHEN DOES THE PROGRAM BEGIN?

- The program will begin on October 1, 2018.

4. WHAT ARE THE CRITERIA FOR CHOOSE HEALTHIER ITEMS? *(SUBJECT TO CHANGE)*



- The general criteria are:
 - Low to moderate calories
 - Reduced sodium
 - Low in added sugar
 - Low in saturated fat

- The criteria are subject to change as we progress through the phases of the program. We are currently using the following guidelines to select Choose Healthier menu items.
 - Hot meals and Grab N' Go meals
 - No more than 700 calories
 - No more than 1000 mg sodium per serving
 - No more than 5% DV saturated fat per serving
 - Vegetable side with every hot meal
 - No fried food
 - Grab N' Go sides and Vending Machine items
 - No more than 200 calories
 - No more than 300 mg sodium per serving
 - No more than 5% DV saturated fat per serving
 - Zero grams trans fat
 - No candy or regular chips

5. HOW DO I KNOW WHAT ITEMS ARE PART OF CHOOSE HEALTHIER?

- Look for the Choose Healthier label on products and flyers in the cafés. Each cashier will have a complete list of Choose Healthier items for their pavilion café. You can also find the list of items available on the Food and Nutrition Services intranet page and the Healthy@Harris website.



6. WILL NEW ITEMS BE ADDED TO THE CHOOSE HEALTHIER LIST?

- Yes. Food and Nutrition Services will be working on adding new items on an ongoing basis. You will see a variety of Grab N' Go meals and snacks added first. Later, hot meals, including vegetarian options, will be added. Please provide any suggestions to Food and Nutrition Services.

7. ARE THE SAME ITEMS AVAILABLE AT EACH SITE?

- While FANS tries their best to make the same items available at each café, you may notice some variations. If you notice an item available at one site that is not currently being offered at another, please contact Food and Nutrition Services to make a suggestion.



8. HOW DO I OBTAIN A CHOOSE HEALTHIER VOUCHER? (TWO WAYS)

A. VIA THE HARRIS HEALTH REWARDS WEBSITE

- Vouchers are available for purchase through the Harris Health Rewards site
- 1 voucher = 1098 Harris Health Rewards Points*
- Vouchers will be mailed to the address provided in the transaction on the Harris Health Rewards website
- The employee will receive an email within ten business days of redeeming a voucher on the Harris Health Rewards site. This email will provide details about the program and confirmation that their voucher is being mailed.
- For each voucher used, payment will be transferred monthly from the Rewards and Recognition Cost Center to the appropriate FANS cost center. The cost center is dependent on the café.
- The current policy for the Harris Health Rewards website will apply to the vouchers.

B. AWARDED BY EMPLOYEE WELLNESS

- Employee Wellness may give out vouchers as a reward through any of the Healthy@Harris programs
- Vouchers given out by Employee Wellness are subject to taxes. Applicable federal, state, and local tax withholding will occur. A minimum tax rate of 32.65% is to be anticipated and may be adjusted accordingly as the law demands.

9. HOW DO I USE A CHOOSE HEALTHIER VOUCHER?

- Vouchers can only be used toward Choose Healthier hot meals or Grab 'N Go items sold in Harris Health cafés
- Each voucher is redeemable for up to \$5.00 and not eligible for cash back
- Vouchers must be given to the cashier at time of purchase. The cashier will mark the voucher to show it was redeemed and return all used vouchers to Employee Wellness.
- No cash back will be given
- Vouchers cannot be duplicated
- Vouchers cannot be returned or exchanged
- Each voucher has a unique code and usage will be tracked
- Vouchers cannot be used for vending machine purchases
- All vouchers will expire within a year of the date it was distributed by Employee Wellness. The expiration date will be written on the voucher.
- Employee Wellness is not responsible for lost or stolen vouchers
- Expired vouchers will be null and void and cannot be redeemed or replaced

10. CAN I PURCHASE A CHOOSE HEALTHIER ITEM WITHOUT A VOUCHER?

- Yes. You can purchase any Choose Healthier product using any payment method that is accepted in the café.

11. IF I PURCHASE A CHOOSE HEALTHIER ITEM(S) AND ADD AN ADDITIONAL ITEM THAT IS NOT A CHOOSE HEALTHIER ITEM, WILL MY VOUCHER COVER THE ADDITIONAL ITEM?



- No. Only Choose Healthier products will be covered by the voucher. You will have to use an alternate form of payment for the item that is not part of the Choose Healthier program. Please refer to the café for acceptable forms of payment.

12. IF I PURCHASE A CHOOSE HEALTHIER ITEM(S) AND THE TOTAL IS LESS THAN \$5.00 WILL I GET CASH BACK?

- No. No cash back will be provided. The voucher will be turned into the cashier at the time of purchase. The voucher will be voided and not available for future use.

13. IF I PURCHASE A CHOOSE HEALTHIER ITEM(S) AND THE TOTAL IS LESS THAN \$5.00 WILL I BE ABLE TO USE THE REMAINING BALANCE AT ANOTHER TIME?

- No. The voucher can only be used one time. The card will be turned into the cashier at the time of purchase. The card will be voided and not available for future use.

14. CAN I PURCHASE BEVERAGES WITH THE VOUCHER?

- Yes. At this time you may purchase bottled water only with your Choose Healthier voucher.

15. CAN I COMBINE MORE THAN ONE VOUCHER IN MY PURCHASE?

- Yes. Please note that cash back will not be provided. Also, each voucher can only be used one time and only toward Choose Healthier items.

Harris Health is committed to helping you achieve your best health. Incentives for participating in a wellness program are available to all eligible employees. If you think you might be unable to meet a standard for incentives under this wellness program, you might qualify for an opportunity to earn the same reward by different means Contact Crystal Cunningham at 346.426.1812 or 346.302.4248 via email at HarrisHealth@Cigna.com and we will work with you (and, if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status.