



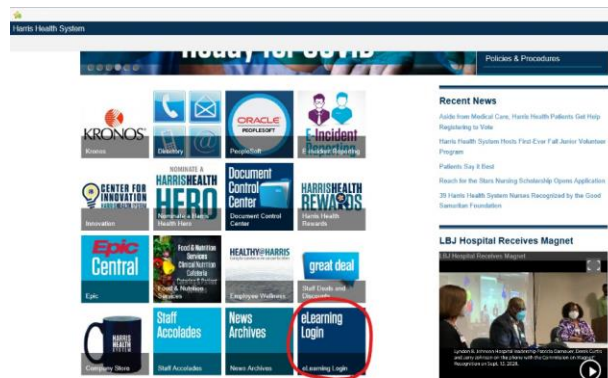
## Accessing Healthy@Harris Activities via Harris Health System Saba Learning Management System (LMS)

Some Healthy@Harris activities are accessible via Saba LMS to earn wellness points.

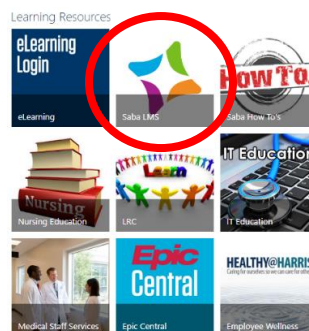
### ACCESSING SABA LMS

#### FOR EMPLOYEES:

1. Employees can access Saba through the Harris Health intranet homepage. Click on the eLearning Login icon towards the bottom of the screen. If not on the Harris Health network, employees can also go to <https://hhs.sabacloud.com/>.



2. Once you click on the icon from the Intranet, click the “Saba LMS” tile. You should automatically be signed in through Single Sign On.



Contact us at [employeewellness@harrishealth.org](mailto:employeewellness@harrishealth.org); 346-426-1597

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 a 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 or via email at [HarrisHealth@cigna.com](mailto: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.



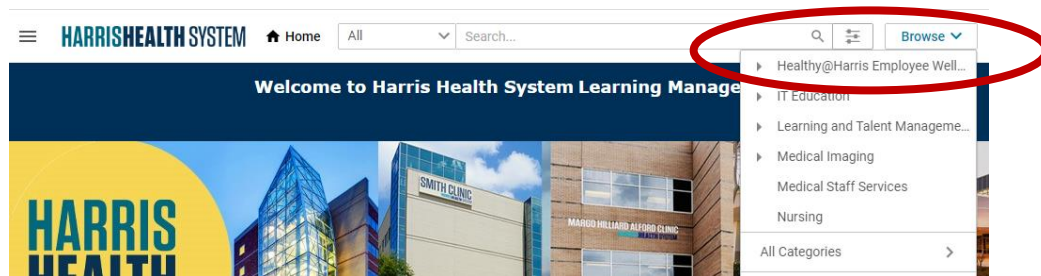
## FOR SPOUSES:

1. Spouses can access Saba LMS by following this link: <https://hhs-wellness.sabacloud.com/>
2. Your username is your email address on file with HarrisHealth System.

\*\*\*IF YOU ARE A HARRIS HEALTH EMPLOYEE BUT ENROLLED AS A SPOUSE ON THE HARRIS HEALTH MEDICAL PLAN, YOU MUST COMPLETE HEALTHY@HARRIS LEARNING THROUGH THE SPOUSE LOGIN TO ACCURATELY RECEIVE YOUR POINTS.

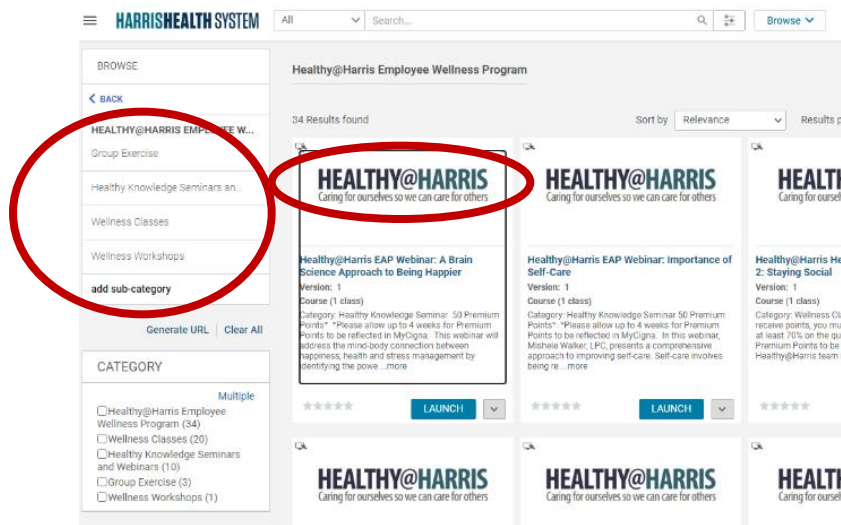
## SEARCHING THE HEALTHY@HARRIS LEARNING CATALOG

1. Once you are logged in, click “Browse” dropdown to the right of the search bar at the top of the page.
2. Select Healthy@Harris Employee Wellness Program.
3. All courses available for Wellness Points will specify it in the description and be branded with the Healthy@Harris logo.



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Employee Wellness can credit one Wellness Class, one Wellness Workshop and one Healthy Knowledge Seminar per day. Each is worth 50 points.

Employee Wellness can credit one Group Exercise class OR one Recreational Sports Activity per day. Each is worth 20 points.

## WELLNESS POINTS FOR WEB-BASED TRAININGS

Web-based Trainings are pre-recorded activities and self-paced. They can be completed anytime from anywhere with an internet connection.

You must watch the recorded video and score a 70% or higher on the assessment to earn Wellness Points. Once the course is completed, it will appear under your “Completed Learning” and say “Successful”.



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## WELLNESS POINTS FOR INSTRUCTOR-LED TRAININGS

Instructor-Led Trainings are in-person activities at a specific date, time and location. This information is specified above the class description along with the duration and number of seats available.

18-JUN-2021 - 18-JUN-2021

Session Details: 18-JUN-2021 | 1:00 PM - 1:30 PM (CDT)

English | **Instructor-Led** | Class ID: WELLNESS\_TEST3 | **In Progress**

📍 10500 - Administration

Total duration: 00:30 Hrs | [Check cancellation policy](#)

18 seats available | 20 Waitlist available

## WELLNESS POINTS FOR VIRTUAL CLASSES

Virtual Classes are online classes hosted by an instructor at a specific date and time. This information is specified above the class description along with the duration.

## CONFIRMING COMPLETION

After completing a Healthy@Harris activity via Saba, you should receive a confirmation email within 2 days of completion. The class will also show under your “Completed Learning” and say “Successful” in green.

Remember, it can take up to 4 weeks from completion to see the points reflected in MyCigna.

The screenshot shows two panels from a learning management system. The left panel, titled "My Learning", displays a course card for "Crucial Conversations" with a status of "Pending Registration" and "No due date". The right panel, titled "Completed Learning", displays a course card for "Healthy@Harris Wellness Workshop: Resiliency" with a status of "Successful", version 1.0, a completion date of 09-DEC-2021, and a score of 100.

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