



## Your Onsite Health Coach is available remotely Schedule your Health Break via phone today!

Your Onsite Health Coach is here to support -both body and mind.

We will work with you one-on-one by phone to help you set and reach your personal health goals. Whether you're healthy or managing a condition, you can get help to:

- \*Eat better, enjoy exercise and feel happier
- \*Understand treatments and medications your provider prescribes
- \*Stay motivated

Schedule a remote Health Break with Latecia Murphy today!

Call : Office: 713-873-6407 or Cell: 281-723-5225

Email: [Latecia.Murphy@harrishealth.org](mailto:Latecia.Murphy@harrishealth.org) or [Latecia.Murphy@Cigna.com](mailto:Latecia.Murphy@Cigna.com)

You must be enrolled in the Harris Health System Medical Plan to be eligible for coaching. Completion of coaching is worth 200 Premium Points\* on [www.mycigna.com](http://www.mycigna.com).

A preventive physical enables you and your physician to identify any areas where you may wish to improve your health and well-being. Your medical information and results from the annual physical will not be shared with Harris Health. Harris Health will only be given aggregate population health data for the sole purpose of developing, implementing, and evaluating the wellness program, participation, and incentive information as necessary to comply with IRS regulations. Otherwise, all personal medical information will be protected under the HIPAA Privacy Rule. If you wish to view a copy of the Cigna privacy notice, please visit: [mycigna.com](http://mycigna.com).

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 713.566.4391 (office); 346-302- 4248 (Mobile) 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.