**Employee Wellness Webinars: Classes, Healthy Knowledge Seminars, Workshops and Group Exercise** 

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Below is a list of all Employee Wellness activities currently on the Saba Learning Management System (Saba LMS). The below activities are separated by category:

- <u>Wellness Class</u> You can receive credit for one Wellness Class per day.
- <u>Healthy Knowledge Seminar</u>— You can receive credit for one Healthy Knowledge Seminar per day.
- <u>Wellness Workshop</u> You can receive credit for one Wellness Workshop per day.
- <u>Group Exercise</u> You can receive credit for one Group Exercise class or Recreational Sports Game per day.

Wellness Classes (50 Premium Points each)
Password: Healthy@Harris1
Healthy@Harris Well Powered Living 1.0 Class 1: Personal Mission
Healthy@Harris Well Powered Living 1.0 Class 2: Physical Energy
Healthy@Harris Well Powered Living 1.0 Class 3: Emotional Energy
Healthy@Harris Well Powered Living 1.0 Class 4: Mental Energy
Healthy@Harris Well Powered Living 1.0 Class 5: Spiritual Energy
Healthy@Harris Well Powered Living 2.0 Class 1: Review and Healthy Eating
Healthy@Harris Well Powered Living 2.0 Class 2: Movement
Healthy@Harris Well Powered Living 2.0 Class 3: Sleep

### Contact us at <a href="mailto:employeewellness@harrishealth.org">employeewellness@harrishealth.org</a>; 713-566-6686

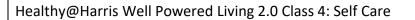
Harris Health is committed to helping you achieve your best health. Incentives for participating in a wellness program are available to all eligible employees. If you think you might be unable to meet a standard for a incentives under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Crystal Cunningham at 713.566.4391 or 770.261.0247 or via email at <u>HarrisHealth@cigna.com</u> 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.

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Caring for ourselves so we can care for others



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Healthy@Harris Well Powered Living 3.0 Class 1: Review

Healthy@Harris Well Powered Living 3.0 Class 2: Achieving with Character

Healthy@Harris Well Powered Living 3.0 Class 3: Building Your Scorecard

Healthy@Harris Well Powered Living 3.0 Class 4: Training Character Muscles

Healthy@Harris Healthy Telecommuting Class 1: Healthy Workspace

Healthy@Harris Healthy Telecommuting Class 2: Staying Social

Healthy@Harris Healthy Telecommuting Class 3: The Importance of Routine

Healthy@Harris Healthy Telecommuting Class 4: Staying Active

Healthy@Harris Healthy Telecommuting Class 5: Communication

Healthy@Harris Ergonomics Class 1: Posture

Healthy@Harris Ergonomics Class 2: Workstation Basics

Healthy@Harris Ergonomics Class 3: Vision and Tech Neck

Healthy@Harris Ergonomics Class 4: RSI Prevention

Healthy@Harris Ergonomics Class 5: Back Injury Prevention

Healthy@Harris Ergonomics Class 6: Postural Assessment and Correction

Healthy@Harris Healthy Living: Pregnancy & Beyond Class 1: Preparing for Pregnancy

Healthy@Harris Healthy Living: Pregnancy & Beyond Class 2: Healthy Eating, Exercise & Stress Management

Healthy@Harris Healthy Living: Pregnancy & Beyond Class 3: Labor, Birth & Caring for Your Baby

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Healthy@Harris Healthy Living: Pregnancy & Beyond Class 4: Working Moms

## Healthy Knowledge Seminars (50 Premium Points each)

Healthy@Harris EAP Webinar: A Brain Science Approach to Being Happier

Healthy@Harris EAP Webinar: A Brain Science Approach to Mediating Conflict

Healthy@Harris EAP Webinar: App Away the Holiday Blues

Healthy@Harris EAP Webinar: Coping with the Uncertainty and Disruption of COVID-19

Healthy@Harris EAP Webinar: Don't Get Ready – Be Ready

Healthy@Harris EAP Webinar: Effective Communication and Why You Want It

Healthy@Harris EAP Webinar: Importance of Self-Care

Healthy@Harris EAP Webinar: Improve Your Overall Health

Healthy@Harris EAP Webinar: Mental Illness: Busting the Myths

Healthy@Harris EAP Webinar: Mindfully Manage the Holidays

Healthy@Harris EAP Webinar: Responding and Thriving in Organizational Change

Healthy@Harris EAP Webinar: Stress Management for Harris Health

Healthy@Harris EAP Webinar: Time Management: A Self Management Strategy

Healthy@Harris EAP Webinar: Wellness & EAP

Healthy@Harris Livongo Webinar: Livongo for Diabetes

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Healthy@Harris Livongo Webinar: Livongo for Diabetes & Hypertension

Healthy@Harris Livongo Webinar: Livongo for Diabetes Prevention

Healthy@Harris Livongo Webinar: Livongo for Hypertension

# Wellness Workshops (50 Premium Points each)

Password: Healthy@Harris1

Healthy@Harris Wellness Workshop: Beating Burnout

Healthy@Harris Wellness Workshop: Creating Healthy Boundaries

Healthy@Harris Wellness Workshop: Cultivating Digital Wellness

Healthy@Harris Wellness Workshop: Grit – Don't Quit!

Healthy@Harris Wellness Workshop: Healing Power of Pets

Healthy@Harris Wellness Workshop: Mindfulness

Healthy@Harris Wellness Workshop: Permission to Feel

Healthy@Harris Wellness Workshop: Positive Affirmations

Healthy@Harris Wellness Workshop: Resiliency

Healthy@Harris Wellness Workshop: Spiritual Well-Being

Healthy@Harris Wellness Workshop: Your Best IS Good Enough!

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### Group Exercise (20 Premium Points each)

Password: Healthy@Harris1

Healthy@Harris Virtual Group Exercise: Lower Body Stretch

Healthy@Harris Virtual Group Exercise: Total Body Stretch with Light Resistance Bands

Healthy@Harris Virtual Group Exercise: Upper Body Stretch

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