



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

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:

- Wellness Class – You can receive credit for one Wellness Class per day.
- Healthy Knowledge Seminar– You can receive credit for one Healthy Knowledge Seminar per day.
- Wellness Workshop – You can receive credit for one Wellness Workshop per day.
- Group Exercise – 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 employeewellness@harrishealth.org; 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 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.



Healthy@Harris Well Powered Living 2.0 Class 4: Self Care
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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