



Explore & Learn

We Are Healthy@Harris

Bring this completed form to one of the Explore & Learn booths in August or email it to EmployeeWellness@harrishealth.org before August 24, 2018. Everyone who stops by a booth will earn 5 Premium Points on www.mycigna.com and will be entered into a raffle* for a prize!

Name _____ Employee ID _____

Relationship (Check ONE): ☐ Employee ☐ Spouse

Circle One	
I have completed my online Health Assessment	Yes No
I have completed my annual physical with labs	Yes No
I have completed the FY20 Premium Rewards Program	Yes No
My total points as of today are _____	
Tell us one positive way this program has supported your wellness journey.	
To view your points on MyCigna Log in to www.mycigna.com Click on "Healthy@Harris Premium Rewards Program" at the top Click on "View My Incentive Details" This will take you to the page that goes over the points you have earned so far.	Looking for easy opportunities for points? Click the links below. Employees ONLY click here Spouses ONLY click here

For more information about the program contact Employee Wellness at EmployeeWellness@harrishealth.org
For questions related to your physical exam, contact Cigna at HarrisHealth@Cigna.com

*Only employees are eligible for raffle prizes