



Healthy@Harris Email List Sign-Up Form

Please fill out the below form and email completed form to employeeewellness@harrishealth.org.

First & Last Name			
Email			
Employee ID If you are a spouse or dependent, please enter the employee ID number of the employee with whom you are associated.		Relationship (please select ONE)	
		<input type="checkbox"/> Employee	<input type="checkbox"/> Spouse
Work Location	<div style="display: flex; justify-content: space-between;"> <div style="width: 48%;"> <input type="checkbox"/> Acres Home <input type="checkbox"/> Aldine <input type="checkbox"/> Baytown <input type="checkbox"/> Ben Taub <input type="checkbox"/> Casa de Amigos <input type="checkbox"/> Community Health Choice <input type="checkbox"/> Dental Center <input type="checkbox"/> El Franco Lee <input type="checkbox"/> Gulfgate <input type="checkbox"/> Holly Hall <input type="checkbox"/> Kirby <input type="checkbox"/> LBJ </div> <div style="width: 48%;"> <input type="checkbox"/> MLK <input type="checkbox"/> Northwest <input type="checkbox"/> Quentin Mease <input type="checkbox"/> Settegast <input type="checkbox"/> Smith Clinic <input type="checkbox"/> Squatty Lyons <input type="checkbox"/> Strawberry <input type="checkbox"/> Thomas Street <input type="checkbox"/> Vallbona <input type="checkbox"/> Other (please specify): _____ </div> </div>		
Please select all group fitness class email lists you would like to join.	<div style="display: flex; justify-content: space-between;"> <div style="width: 48%;"> <input type="checkbox"/> High Intensity Interval Training at Community Health Choice <input type="checkbox"/> Flexibility/Stretch at Ben Taub <input type="checkbox"/> Flexibility/Stretch at Kirby <input type="checkbox"/> Night Club Cardio at Kirby </div> <div style="width: 48%;"> <input type="checkbox"/> Zumba at Ben Taub (Tuesdays) <input type="checkbox"/> Zumba at Ben Taub (Wednesdays) <input type="checkbox"/> Zumba at Ben Taub (Thursdays) <input type="checkbox"/> Zumba at El Franco Lee <input type="checkbox"/> Zumba at Kirby </div> </div>		

Contact us at employeeewellness@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 Employee Wellness at 713.566.6686 or via email at employeeewellness@harrishealth.org 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.