



## September 2022

The Healthy@Harris team will be offering in-person wellness classes and workshops across the system. Everyone who participates will earn 50 Wellness Points on [www.mycigna.com](http://www.mycigna.com).

**We are now utilizing SABA for both in-person and virtual learning. While registration is not required for in-person attendance, it is appreciated. Please find the registration links below.**

**ONLINE OPTION:** If you cannot make it to an in-person class, please visit the Employee Wellness Calendar and SABA for our other virtual options.

### Topic

[Wellness Workshop: I Can Do Hard Things](#)

Wellness Class: Emotional Intelligence

[Class 1](#)

[Class 2](#)

[Class 3](#)

Wellness Class: The How of Happiness

[Class 1](#)

[Class 2](#)

[Class 3](#)



# Livongo A1c Fair

The Healthy@Harris team will be hosting a Livongo A1cHg Fair in September. We will be offering free A1c checks with our Cigna nurse for employees and spouse diagnosed with diabetes. *This event is by appointment only.* You must sign up in advance to participate. The A1c check is worth 50 Premium Points on [www.mycigna.com](http://www.mycigna.com).

Sign up for an A1c Check by emailing: [Latecia.Murphy@Cigna.com](mailto:Latecia.Murphy@Cigna.com)

**This is an Appointment Only Event—Spots are Limited**

Location	Day	Date	Time
LBJ Hospital Annex Room 216/217	Thursday	September 8, 2022	9:00am-1:00pm
Fournace Conference Room E302	Tuesday	September 13, 2022	9:00am-1:00pm
Ben Taub 4 <sup>th</sup> Floor Conference Room	Thursday	September 29, 2022	9:00am-1:00pm

Contact us at [employeeewellness@harrishealth.org](mailto:employeeewellness@harrishealth.org); 346-426-1597

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 346-302-4248 or 346-426-1812 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.



## Aldine Health Clinic

### September 2022

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**ONLINE OPTION:** If you cannot make it to an in-person class, please visit the Employee Wellness Calendar and SABA for our other virtual options.

Topic	Day	Date	Time
I Can Do Hard Things	Wednesday	September 28th	12:00PM-12:30PM
I Can Do Hard Things	Wednesday	September 28th	12:30PM-1:00PM



## Baytown Health Clinic

### September 2022

The Healthy@Harris team will be offering in-person wellness classes and workshops across the system. Everyone who participates will earn 50 Wellness Points on [www.mycigna.com](http://www.mycigna.com).

**ONLINE OPTION:** If you cannot make it to an in-person class, please visit the Employee Wellness Calendar and SABA for our other virtual options.

Topic	Day	Date	Time	Location
I Can Do Hard Things Workshop	Friday	September 16th	12PM & 12:30PM	Classroom



# Ben Taub Hospital

## September 2022

The Healthy@Harris team will be offering in-person wellness classes and workshops across the system. Everyone who participates will earn 50 Wellness Points on [www.mycigna.com](http://www.mycigna.com).

**ONLINE OPTION:** If you cannot make it to an in-person class, please visit the Employee Wellness Calendar and SABA for our other virtual options.

Activity	Date	Location	Time
I Can Do Hard Things Workshop	Wednesday, September 14th	4th Floor Conference Room	10:00AM & 10:30AM
I Can Do Hard Things Workshop	Wednesday, September 28th	4th Floor Conference Room	1:00PM & 1:30PM



## 4800 Fournace September 2022

The Healthy@Harris team will be offering in-person classes across the system. Everyone who participates will earn 50 Wellness Points on [www.mycigna.com](http://www.mycigna.com).

**ONLINE OPTION:** If you cannot make it to an in-person class, please visit the [Employee Wellness Calendar](#) for our virtual options.

Topic	Location	Date	Time
I Can Do Hard Things Workshop	C340	Tuesday, September 20th	12PM & 12:30PM



## Gulfgate Health Clinic

### September 2022

The Healthy@Harris team will be offering in-person wellness classes and workshops across the system. Everyone who participates will earn 50 Wellness Points on [www.mycigna.com](http://www.mycigna.com).

**ONLINE OPTION:** If you cannot make it to an in-person class, please visit the Employee Wellness Calendar and SABA for our other virtual options.

Topic	Day	Date	Time
I Can Do Hard Things Workshop	Wednesday	September 14th	12:00PM & 12:30PM



## LBJ Hospital

### September 2022

The Healthy@Harris team will be offering in-person wellness classes and workshops across the system. Everyone who participates will earn 50 Wellness Points on [www.mycigna.com](http://www.mycigna.com).

**ONLINE OPTION:** If you cannot make it to an in-person class, please visit the Employee Wellness Calendar and SABA for our other virtual options.

Activity	Date	Location	Time
I Can Do Hard Things Work-shop	Thursday, September 15th	Auditorium	1:30PM & 2:00PM
I Can Do Hard Things Work-shop	Thursday, September 22nd	East Wing Room 212	10AM & 10:30AM





## Strawberry Health Clinic

### September 2022

The Healthy@Harris team will be offering in-person wellness classes and workshops across the system. Everyone who participates will earn 50 Wellness Points on [www.mycigna.com](http://www.mycigna.com).

**ONLINE OPTION:** If you cannot make it to an in-person class, please visit the Employee Wellness Calendar and SABA for our other virtual options.

Topic	Day	Date	Time
I Can Do Hard Things Workshop	Monday	September 26th	12:00PM & 12:30PM