







Wellness Events and Programs



Healthy Knowledge Seminar: Time Management April 11, 2018 – 12:00pm

Meeting deadlines, allocating time for numerous office tasks and accomplishing more in a day's work is one of the greatest challenges for most employees. This time management seminar is designed to provide support and practical solutions for managing time effectively. It provides a comprehensive array of time management skills as well as useful suggestions on how to apply those in your day-to-day work.

View more details on the flyer

Click here to register for the webinar



Healthy Knowledge Seminar: Employee Assistance Program Overview

April 25th, 2018 – 12:00pm

This presentation includes an overview of your EAP program, including eligibility, brief descriptions of counseling and other program offerings, confidentiality and how to access services. You will leave this session with 5 practical things you can do today to increase your resilience and sense of wellbeing, including using your EAP!

All attendees will receive 50 Premium Points on www.mycigna.com. You MUST log in and view the webinar on a computer to receive credit. You cannot receive credit if you only call in to the webinar.

View more details on the flyer

Click here to register for the webinar

NEW!

Explore & Learn Booths
April 2018

The theme for April is "Communication". We want to make sure our communications reach you. Download the Healthy@Harris Scavenger Hunt to complete on your own. Bring the completed form to the booth to receive credit. We will also be available to answer any questions about the FY20 Premium Rewards Program.

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!

CHC Employees ONLY You will need to use Citrix to access the Healthy@Harris intranet site and the Scavenger Hunt. Click here for instructions on accessing Citrix. Go to the Healthy@Harris intranet site. Click on "What's New". Click on Healthy@Harris Happenings. Use the Scavenger Hunt link found in the newsletter.

ACS Employees Email the completed scavenger hunt to EmployeeWellness@harrishealth.org by April 20th to receive credit.

View the Explore & Learn Booth schedule here.

NEW!

Healthy Knowledge Seminar: Medical Benefits 101 April – May 2018

Please join Leah Campbell, from Cigna, for a post-enrollment review of your benefits. She will help you understand medical plan terminology, share some Cigna tools and resources, and explain how you can make the most of your plan.

Seminars in April:

9250 Kirby – Tuesday, 4/17, 12-12:30pm and 12:30-1pm, Vision Conference Room

Ben Taub – Wednesday, 4/18, 2-2:30pm, 2:30-3pm, 3-3:30pm, and 3:30-4pm, 4th Floor Conference Room

Quentin Mease – Tuesday, 4/24, 12-12:30pm and 12:30-1pm, 1st Floor Conference Room (AD-104)

LBJ Hospital – Wednesday, 4/25, 12-12:30pm and 12:30-1pm, 2nd Floor Conference Room

View full seminar schedule here.

Cigna Stop By Booth: Explore myCigna.com

Date: Wednesday, April 18th

Time: 12pm – 2pm

Ben Taub Cafe

Do you need a temporary ID card? Looking for a doctor, hospital or lab? Need to track your account balances and deductibles? Do you know how many premium points you have? You can access your health plan info anytime and anywhere at myCigna.com. Stop by the booth and learn tips to make the most or your plan. Everyone who stops by will receive 5 Premium Points on www.mycigna.com.

Contact:

Latecia Murphy, RN Office: 713-873-6407

Email: Latecia.Murphy@cigna.com

NEW! NEW!

Kelsey-Seybold Seminars: Hypertension

April through August 2018

Kelsey-Seybold physicians will be leading 30-minute seminars on hypertension (high blood pressure) from April through August 2018. Participants will receive 50 Premium Points on www.mycigna.com.

April Schedule:

Thursday, April 5th – <u>Gulfgate Health Center</u>, Large Conference Room, 12-12:30pm

Tuesday, April 10th – Aldine Health Center,

Conference Room, 12-12:30pm

Wednesday, April 11th – <u>Acres Home Health Center</u>,

Conference Room, 12-12:30pm

Thursday, April 12th – <u>Squatty Lyons Health Center</u>,

Front Conference Room, 12-12:30pm

Thursday, April 19th – <u>Settegast Health Center</u>, Health

Education Room, 12-12:30pm

Click here to view the full seminar schedule.

NEW!

Healthy Knowledge Seminars available on LMS

You can now view our past

EAP webinars on the Harris Health <u>Learning</u> <u>Management System</u>. Log in and enter "webinar" into the search box to find the trainings. The following four webinars are available:

Dealing with Difficult People Managing Work-Life Balance Personal Resiliency Pt. 1 Trauma and Its Impact

Each webinar is approximately 1 hour long. You must complete a brief quiz within the Learning Management System window to complete the webinar. Participants will receive 50 Premium Points per webinar they complete.

Please note: If you have already received credit for viewing a webinar when it was originally scheduled/held, you cannot receive credit for watching it again.

NEW!

Spouses – Sign Up to Receive Healthy@Harris Communications

All of our Healthy@Harris classes, events, and programs are open to

spouses as well. If your spouse would like to receive emails with more information about our upcoming classes, events, and programs, they can sign up by filling out this online form.

Click here to view the full FY20 Premium Rewards Program requirements.

Remember, the deadline to complete the program is 8/31/2018.



Well Powered Living Class Series

Ben Taub, LBJ, Quentin Mease, Kirby, CHC & Holly Hall

The Healthy@Harris team is presenting a new 4-week class series for those who are ready achieve maximum performance in all areas of life. You will learn to build a well powered lifestyle by managing your physical, emotional, mental, and spiritual energy. If you are ready to maximize your potential, this is the class for you!

Click here for the Well Powered Living Class Schedule

For more information or to sign up, contact employeewellness@harrishealth.org or 713-566-6686.

Participants will receive 50 Premium Points for each class attended.



Healthy@Harris Wellness Program Satisfaction Survey

March 30th – April 30th

The Healthy@Harris Wellness Team is committed to helping employees and their dependents live healthier, more fulfilling lives and empowering them with knowledge, skills and opportunities to achieve their personal health and wellness goals.

Please take a few minutes to fill out our Program Satisfaction Survey (link below). Your feedback is valuable to ensure that we provide high quality wellness programs. Your responses are completely confidential.

The survey will be open from March 30, 2018 through April 30, 2018. All medical plan participants will receive 50 Premium Points on www.mycigna.com for completing the survey. All non-medical plan participants who complete the survey will be entered into a raffle to win a \$25 gift card (10 winners will be drawn).

Click here to take the survey.

Employee Wellness Program Year-End Report (Sept 2016-Aug 2017)

The Healthy@Harris team has been hard at work over the past year. Check out the program report for the FY19 Premium Rewards Program (9/1/2016-8/31/2017) to learn more about how the Healthy@Harris wellness program is positively impacting Harris Health System.

Click here to view the report

NEW!

Online Wellness Challenge: The Beat Goes On

March 19 - April 29, 2018

Armed with the knowledge of the main PREVENTABLE risk factors for heart disease, you can double the odds in your favor to keep your heart beating on for the life of the party! Track your physical activity (verified devices only), fruit and veggie intake, sleep quality, and stress to earn points in this challenge. Earn 1,000 points to complete The Beat Goes On challenge. Everyone who completes this challenge will receive 250 Premium Points on www.mycigna.com after the challenge ends on April 29, 2018.

<u>View the challenge flyer here</u> <u>View the challenge instructions here</u>

Click here to register for the challenge

Livongo and Free Diabetes Medications-New effective March 1, 2018

We're happy to introduce a new benefit for the 2018 medical plan year, which begins on March 1, 2018 and ends on February 28, 2019.

Participants engaged in the Livongo Diabetes
Management Program who use their Livongo meter to
test their glucose a minimum of 4 times per month will
be eligible to receive diabetes medications (generic
medications and insulin) free of charge effective the
15th of the following month.

Click here for more information.

Prevent T2-Diabetes Prevention Program Ongoing Classes

9250 Kirby, Ben Taub, LBJ & Smith Clinic

The Type 2 Diabetes Prevention Class Series is being offered at 9250 Kirby, Ben Taub, LBJ, and Smith Clinic. In this class series, you will gain the knowledge and skills to make healthy and sustainable lifestyle changes. This is a year-long class that meets weekly for the first 6 months, and then bi-weekly and monthly during the second 6 months.

Click here for more details on the Prevent T2 class.

Click here to view the class schedule.

All participants will receive 50 Premium Points per class completion.*

Fitbit Marketplace



Discounted Fitbit Devices

As an investment in your well-being, Employee Wellness is providing you preferred pricing on one (1) Fitbit Tracker of your choice between December 1, 2017 and

December 31, 2018.

To get started, enter your Employee ID plus HHS as the unique promo code below to access the store. For example: 123456HHS. For spouses enrolled in the Harris Health Medical Plan, please use the Employee's ID, plus SP, followed by HHS. For example, 123456SPHHS.

Click here to visit the Harris Health System Fitbit Marketplace.

Being physically active is important in improving health, reducing risk for chronic diseases, increasing energy and controlling weight. The Department of Health and Human Services and the Center for Disease Control recommend that each person achieves a minimum of 150 minutes of moderate aerobic exercise, or 75 minutes of vigorous aerobic exercise, each week.

Healthy@Harris FY20 Premium Rewards Program

Participate 9/1/17 through 8/31/18 Rewards Effective: 3/1/19 (FY20)

<u>Click here</u> to view the FY20 Premium Rewards Program roadmap.

NEW for FY20: If you have a covered spouse on the Harris Health medical plan, both you and your spouse must each complete the program to be eligible for the \$100 per month in premium rewards. If only one person completes the program, then the premium reward will be \$50 per month. Rewards are effective March 1, 2019.

- Step 1: Complete an annual physical exam with lab values by 8/31/18. (250 points)
- Step 2: Complete the online health assessment by 8/31/18 (250 points)
- Step 3: Earn at least 1,000 points by 8/31/18 (note 500 points are earned from step 1 & 2)

This year we have increased our commitment to you by consolidating all programs and resources into one rewards program. In addition to the \$1,200 in premium rewards, you have the ability to earn up to an additional \$400 in Amazon eGift cards by being actively engaged in your health and well-being.

Click here for more details.
Click here for the FY20 FAQs
Click here to view the electronic presentation.

EAP

The Employee Assistance Program (EAP) offers professional counseling, telephonic support and online resources 24 hours a day, 7 days a week, all at no cost to you.

You and your eligible family members are entitled to up to 3 confidential, in-person EAP counseling sessions per incident.

Livongo Diabetes Management Program (No Cost to You!)

Who can join Livongo:

Harris Health System employees and covered spouses who have diabetes and coverage on the Harris Health Medical plan.

What you get:

- Connected Meter: Automatically uploads your blood glucose readings to your secure online account and provides real-time personalized tips.
- Support from Coaches When You Need It: Communicate with a coach anytime about diabetes questions, nutrition or lifestyle changes.
- Unlimited Strips at No Cost: When you are about to run out, Livongo ships more supplies, right to your door.

Click here to Register:

register.livongo.com/HARRISHEALTH

Registration Code: HARRISHEALTH

For new participants, enroll and activate your meter by 8/31/18 and earn 200 premium points.

NEW: All participants who test their glucose a minimum of once per week for the entire month will earn 50 premium points for that month.

2018 Liability Waiver

Group Exercise, Sports Participants and Special Events

Attention all group exercise, sports participants and special events participants: Starting January 1st, 2018, please fill out a NEW liability waiver for 2018. We require all participants to sign the liability waiver every year. You can sign the waiver on our intranet site here, OR you can fill out the paper version (PDF available here) and e-mail the signed copy to

Phone: 800-638-3327

Online: www.feieap.com username: hhs

View the Employee Assistance Program flyer

employeewellness@harrishealth.org.

One liability waiver covers all of your participation in group exercise and/or sports and/or special events for the full calendar year.

Benefits for Your Life





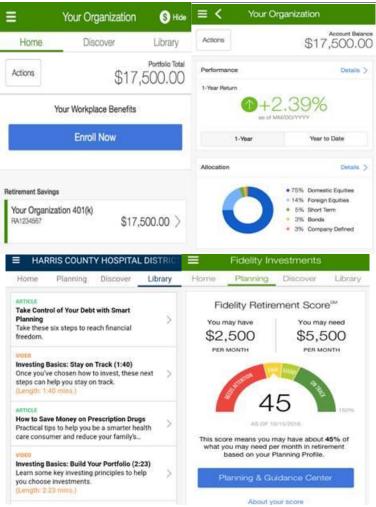
Focus on Retirement

Download the free Fidelity NetBenefits app from your App Store today!



NetBenefits
Fidelity Investments Finance

Manage your Harris Health System 401K and 457(b) accounts anytime, anywhere! Once you have downloaded the free Fidelity NetBenefits app you'll have the ability to enroll, change your contribution percentage, check your account balance and performance, and obtain your Fidelity Retirement Score. You'll also have access to the NetBenefits Library where you can browse through informative retirement planning videos and articles.



Contact Fidelity Today!

www.fidelity.com/atwork 1-800-343-0860 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 incentives under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Crystal Cunningham 713.566.4391 (office); 346-302-4248 (Mobile) or via email at Crystal.Cunningham@harrishealth.org or 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.