



August 2018



Wellness Events and Programs

NEW Healthy Knowledge Seminar: Tools to Help You Cope

Wednesday, August 8 – 12:00pm

In an age where there's an app for everything, it's no surprise that there are smartphone tools available claiming to help you cope. This presentation will review the plentiful assortment and what they offer.

[Click here to view the flyer.](#)

[Click here to register for the webinar.](#)

NOTE: MyCigna is set up so that participants can only receive credit for one class per goal category per day. These classes will fall under the "Complete a Healthy Knowledge Seminar" category.

NEW Kelsey-Seybold Seminars: Hypertension

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.

August Schedule:

MLK Health Center – Thursday, 8/2, from 12-12:30pm in Classroom A

Webinar (Online) – Thursday, 8/9, from 12-12:30pm
([Click here to register](#))

[Click here to view the full seminar schedule.](#)

NOTE: MyCigna is set up so that participants can only receive credit for one class per goal category per day. Attending the Hypertension seminar will fall under the "Complete a Healthy Knowledge Seminar" category.

Healthy@Harris Happenings • August 2018

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 at 713.566.4391 or 770.261.0247 or via email at Crystal.Cunningham@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.



Wellness Events and Programs

NEW Creative Writing Workshop – Fall 2018

Employee Wellness, in cooperation with Baylor College of Medicine's [Department of Narrative Medicine](#) and [Inprint](#), is offering Harris Health employees an exciting opportunity to participate in a 10-week creative writing workshop. The 2018 Fall Inprint Writing Workshop at Ben Taub will start on September 13, 2018 and end on November 15, 2018. All classes will be from 5-6:30pm. [For detailed information, click here.](#) [Interested participants may submit their application here.](#) The deadline for applying is August 10. Class size is limited.

NEW Explore & Learn Booths

August 2018

The Healthy@Harris team will be hosting booths throughout August. The topic is "We Are Healthy@Harris". We want to see who has joined the culture of well-being by participating in the FY20 Premium Rewards Program. To participate, [download and complete this form](#). Bring it to our booth with any questions about the 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!

Can't attend a booth? [Download and complete this form](#). Email the completed form to EmployeeWellness@harrishealth.org before August 24, 2018.

[Click here to view the Explore and Learn Schedule](#)



Wellness Events and Programs

NEW Prevent T2 Class Starting Again in September 2018

Locations: Ben Taub, CHC, Kirby, LBJ, Quentin Mease, and Smith Clinic

In this class, you will gain the knowledge and skills to make effective healthy lifestyle changes. Class topics include nutrition, exercise, weight-loss, and stress management.

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. Each class is one hour long, and includes an educational section and a group discussion section.

View the flyers for each location:

[Ben Taub](#)

[CHC \(S Loop W\)](#)

[Kirby](#)

[LBJ](#)

[Quentin Mease](#)

[Smith Clinic](#)

[View the full schedule for 2018-2019](#)

[Click here](#) for more details on the current (2017-2018) Prevent T2 class.

[Click here](#) to view the 2017-2018 class schedule.

NOTE: MyCigna is set up so that participants can only receive credit for one class per goal category per day. These classes will fall under the "Complete an Employee Wellness Class" category.

NEW YMCA Membership Discount

Harris Health employees can now get a discount on membership at the YMCA.

Year-round discounts:

- 50% off the joining fee
- 50% off the first full month's dues (pro-rated dues apply; up to a \$110 value)
- Citywide members receive facility access to any of the 27 YMCA's in Greater Houston

"Try the Y" period discounts (dates below):

9/9/2018-9/23/2018

12/3/2018-12/16/2018

1/7/2019-1/20/2019

6/3/2019-6/16/2019

- 100% off the joining fee
- 100% off the first full month's dues (pro-rated dues apply)
Up to a \$220 value
- Employer can schedule up to 4 trial membership periods per calendar year (one per quarter).
- Employees can enjoy up to 2 trial memberships per year

[Click here to view the corporate membership flyer.](#)

[Click here to view the "Try the Y" dates' flyer.](#)



Wellness Events and Programs

NEW Get In. Get Out. Get Educated. Cigna Health Education Seminar: Know Your Target Health Numbers

Date: Wednesday, August 15th

Time: 2 pm, 2:30 pm, 3 pm, 3:30 pm

Ben Taub 4th floor Conference Room

Reduce your risk for disease. Your health numbers can tell you a lot about your overall health. It's important to know these numbers as they can be key indicators of serious disease. Learn more about the need-to-know numbers. Know your numbers; know your health. Everyone who attends will receive 50 Premium Points on www.mycigna.com.

NOTE: MyCigna is set up so that participants can only receive credit for one class per goal category per day. This seminar will fall under the "Complete a Healthy Knowledge Seminar" category.

NEW Quarterly HgA1c Check

Eligible Population: Livongo Participants

We are now offering free HgA1c checks to all employees and eligible spouses with a diabetes diagnosis who are also enrolled in Livongo. The checks can be completed whether you are fasting or non-fasting. It only takes 5 minutes to receive the test results. Our Cigna Onsite Health Coach will assist you in reaching the goal of improving and or maintaining a healthy HgA1c and managing your diabetes. Participants are highly encouraged to share their results with their doctor.

For more information contact Latecia Murphy, M Ed, BSN, CHES at 713-873-6407 or Latecia.Murphy@harrishealth.org.

NEW Cigna Stop By Booth: Invest in Your Health

Date: Wednesday, August 29th

Time: 11 am – 1 pm

Ben Taub Cafe

Investing in your health can deliver big returns in the future, like living a longer, happier life. There's no time like today to get started! Stop by for more information on ways to invest in your health. Everyone who stops by will receive 5 Premium Points on www.mycigna.com.

NEW Diabetes Health Fair

Eligible Population: Diagnosed diabetics (eligibility verified by Cigna)

The Healthy@Harris team will be hosting a Diabetes Health Fair in August. We will be offering free nutrition counseling with a dietitian and A1c checks with our Cigna nurse and certified health coach. **This event is by appointment only.** You must sign up in advance to participate. Please use the links below to sign up for either nutrition counseling and/or an A1c check. Each activity is worth 50 Premium Points on www.mycigna.com.

[Click here to sign up for Nutrition Counseling.](#)

Sign up for an A1c Check by emailing: Latecia.Murphy@Cigna.com



Wellness Events and Programs

COMING SOON Harris Health Fitbit Group

Starting September 2018

Healthy@Harris is launching a Harris Health Fitbit group in September 2018. This group will be accessible through your Fitbit smartphone app as well as online. All employees, plus spouses enrolled in the medical plan, will have access to join the Harris Health Fitbit group through their individual Fitbit accounts.

We will use the Harris Health Fitbit group to host step challenges and reward individuals for achieving 10,000 or more steps per day. Effective 9/1/2018 for the FY21 Premium Rewards Program, you **MUST** join the Harris Health System Fitbit group in order to participate in Harris Health Fitbit challenges and to receive 20 Premium Points on www.mycigna.com for each day that you record 10,000 steps.

We are currently collecting email addresses to expedite participants' access to the Harris Health Fitbit group once the program launches in September 2018. If you have a Fitbit account and would like to join the Harris Health Fitbit group once the program launches in September 2018, [please fill out this online form](#).



Wellness Events and Programs

Healthy Knowledge Webinars for Spouses

Spouses can receive 50 Premium Points for each of the following Healthy Knowledge Webinars. Click on the link for each topic to get started.

[Dealing with Difficult People](#)

[Managing Work-Life Balance](#)

[Personal Resiliency Pt. 1](#)

[Trauma and Its Impact](#)

[Time Management](#)

[Increase Your Resilience](#)

[Ready Set Go](#)

[Living in a 24/7 World and Its Effects on Sleep](#)

[The Art and Science of Getting Good Sleep](#)

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

IMPORTANT: Employees MUST use the [Harris Health Learning Management System](#) to receive credit for the webinars. The above links are **ONLY for use by SPOUSES**.

NOTE: MyCigna is set up so that participants can only receive credit for one class per goal category per day. Webinar completion on LMS will fall under the "Complete a Healthy Knowledge Seminar" category.

Healthy Knowledge Webinars available on LMS (Employees)

You can now view our past EAP webinars on the Harris Health [Learning Management System](#). Log in and enter "webinar" into the search box to find the trainings. The following six webinars are available:

Dealing with Difficult People

Managing Work-Life Balance

Personal Resiliency Pt. 1

Trauma and Its Impact

Time Management

Increase Your Resilience

Ready Set Go

Living in a 24/7 World and Its Effects on Sleep

The Art and Science of Getting Good Sleep

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.

NOTE: MyCigna is set up so that participants can only receive credit for one class per goal category per day. Webinar completion on LMS will fall under the "Complete a Healthy Knowledge Seminar" category.



Wellness Events and Programs

Top Health Newsletter – August 2018

This month's newsletter includes information on vaccinations, staying active at every age, and how to decipher food labels.

[Click here to read the August newsletter in English.](#)

[Click here to read the August newsletter in Spanish.](#)

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.

Also, they can now access the [Healthy@Harris Wellness website](#).

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.

Phone: 800-638-3327

Online: www.feieap.com username: hhs

[View the Employee Assistance Program flyer](#)

[View a brief video overview of the Employee Assistance Program](#)

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.](#)



Wellness Events and Programs

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.



Wellness Events and Programs

Healthy@Harris FY20 Premium Rewards Program-Deadline 8/31/18

Participate 9/1/17 through 8/31/18

Rewards Effective: 3/1/19 (FY20)

[Click here](#) 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.](#)

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.