



Healthy@Harris Happenings Physical • Social • Financial • Career • Community

January 2018

Wellness Events and Programs		
NEW Healthy@Harris FY20 Premium Rewards Program Participate 9/1/17 through 8/31/18	NEW Livongo Diabetes Management Program (No Cost to You!)	
Rewards Effective: 3/1/19 (FY20) <u>Click here</u> to view the FY20 Premium Rewards Program roadmap.	Who can join Livongo: Harris Health System employees and covered spouses who have diabetes and coverage on the Harris Health Medical plan.	
 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) 	 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 	
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 an additional \$400 in Amazon eGift cards by being actively engaged in your health and well-being. <u>Click here for more details.</u> <u>Click here for the FY20 FAQs</u> <u>Click here to view the electronic presentation.</u>	 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. 	
Healthy Knowledge Webinar: What's Your Spending Personality? Wednesday, January 17, 2018 12pm-1pm CSTSpend less, save more." Sounds easy enough, but how do you do that? Learn to identify what drives you to spend. Is it keeping up with the Jones'? Is it just feeling better about yourself? Understanding your spending personality will equip you to understand spending habits and lead you to spending less in order to save more.Click here to register.	Cigna Onsite Healthy Knowledge Seminar: Resolution Revolution Tuesday, January 23, 2018 Times: 12pm, 12:30pm, 1pm and 1:30pm Ben Taub Tower Houston Conference Room B The New Year usually prompts us to think about New Year's resolutions, but you can set some of those same goals throughout the year as well. In this seminar, we'll show you how to develop realistic and achievable goals regardless of the time of year, and share quick tips on how to improve various aspects of your life to make each year a healthier one.	
Click here to view the flyer. All participants will receive 50 Premium Points. Note: you must be logged into the webinar to earn	All participants will receive 50 Premium Points.	
points. When registering, please add your Employee ID and indicate if you are an employee or spouse.		

 Explore & Learn Booths The theme for January is "What's Your Why?" Stop by for a fun activity that will help you discover your why. Everyone who completes the activity will earn 5 Premium Points and can enter their name into a raffle for a prize! View the Explore & Learn Booth schedule here. 	Cigna Stop By Booth Thursday, January 4, 2018 Time: 1pm to 3pm Ben Taub Café Looking for ways to get healthier this year? Whether you want to lose a few pounds, get a better night's sleep, manage your stress or anything in between, these health tips can get you started. Everyone who completes the activity will earn 5 Premium Points and can enter their name into a raffle for a prize.
 Online Wellness Challenge: Oh What Fun Healthy Holiday Challenge November 13th through January 7, 2018 Tis the time of year when demands on your time and energy can be limited. Challenge yourself to stay active and enjoy a virtual journey from the first Thanksgiving Day football game to famous holiday homes, like the Griswold's and Home Alone. This eight-week challenge runs from November 13th – January 7, 2018. Everyone who achieves 448,000 steps (average of 8,000 steps per day) will earn 250 Premium Reward Points. Click here to register for the challenge. Click here to view the challenge flyer and here for the instructions. 	 Healthy Wage Weight Loss Challenge January 5, 2018 and ends March 30, 2018 Gather your coworkers, friends, and family together to create a team of 5. Don't has a team? No problem – HealthyWage will match you up with one! Cost: \$70 or \$23.33/month for 3 months. Prizes: Participants who submit a verified starting AND ending weight will receive 250 Premium Points. WIN \$10,000 for 1st place, \$5,000 for 2nd place, and \$3,000 for 3rd place. Plus MORE cash prizes! Please note: this is a national competition. Harris Health teams will also be competing against other teams across the country for all cash prizes <u>Click here to register</u> for the challenge, view the FAQs and challenge rules. Click here to view the challenge flyer.
Nutrition Consultations Eligible Population: Participants Enrolled in Livongo We are now offering free one-on-one nutrition counseling to all employees and eligible spouses with a diabetes diagnosis who are also enrolled in Livongo. The program is designed using the American Association of Diabetes Educators 7 Self-Care Behaviors. Our Registered Dietitian will help you fill in any education gaps about food and nutrition as well as provide support and guidance to help you manage your diabetes. You will also receive tips to help you prevent future complications. Click here to view our <u>flyer</u> If you are interested, please review the <u>program</u> <u>agreement</u> and return the completed form to Ashley Smith at <u>Employee Wellness</u> . For more information contact Ashley at 713-566- 6686 or <u>EmployeeWellness@harrishealth.org</u> .	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

Biggest Winner-Online Wellness Challenge January 22 nd through March 4 th	Prevent T2-Diabetes Prevention Program Ongoing Classes 9250 Kirby, Ben Taub, LBJ & Smith Clinic
Life won't be the same after this healthy weight challenge!	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.
Track your physical activity and weight loss, as you create a social support system in this race to be the BIGGEST WINNER!	
Everyone who completes the challenge by earning a minimum of 420 points will receive 250 Premium Points!	
Click here to view the Biggest Winner Challenge Instructions.	Click here to view the class schedule.
Click here to join the Biggest Winner Challenge	All participants will receive 50 Premium Points per class completion.
2018 Liability Waiver	Naturally Slim
Group Exercise, Sports Participants and Special Events	March Class
Attention all group exercise, sports participants and special events participants: Starting January 1 st , 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 <u>on our intranet</u> <u>site here</u> , OR you can fill out <u>the paper version</u> (<u>PDF available here</u>) and e-mail the signed copy to <u>employeewellness@harrishealth.org</u> . One liability	Naturally Slim is FREE weight-loss program available to Harris Health System employees and spouses enrolled in the medical plan. The Naturally Slim program is a simple online program that uses informative videos and learning tools to teach you how to lose weight and improve your health. It is available via your desktop, laptop or mobile device including apps for both iPhone and Android devices.
waiver covers all of your participation in group exercise and/or sports and/or special events for the full calendar year.	The application opens February 5, 2018. To learn more about the program <u>click here</u> . To join the waitlist, go to <u>www.naturallyslim.com/harrishealth</u> .
BP MS150 Bike Ride	EAP
April 28 th and 29th Houston-to-Austin Fundraising Minimum: \$400	The Employee Assistance Program (EAP) offers professional counseling, telephonic support and online resources 24 hours a day, 7 days a week, all at no
The BP MS150, it is a two-day fundraising bike ride (from Houston to Austin, TX) benefitting those	cost to you.
affected by Multiple Sclerosis. Registration fee is \$110 (25% discount available if you use the code BikeVIP). The team password is HHSforall2018.	You and your eligible family members are entitled to up to 3 confidential, in-person EAP counseling sessions per incident.
If you're interested in joining the Harris Health System BP MS150 Team, please complete the <u>Rider Information Sheet</u> and return it to Employee Wellness by January 12, 2018. Click here for the	Phone: 800-638-3327 Online: <u>www.feieap.com</u> username: hhs <u>View the Employee Assistance Program flyer</u>
Harris Health System MS 150 FAQs.	
Please contact <u>Employee Wellness</u> or <u>Bill Howard</u> , our team captain, if interested in participating. Training rides will begin immediately.	



Benefits for Your Life



How Can Telehealth Help?



2. It's Faster — No wait time in the waiting room and no wait time in an exam room.

3. It's Convenient — A Physician will call you back, so no getting dressed or driving to the doctor's office.

4. It's Comfortable — You can contact a Physician from the comfort of your home.

5. Reduced Risk — Telehealth reduces the risk of transmitting contagious diseases and germ exposure from other patients.

To learn more about the Telehealth program, click here.



Focus on Retirement

Happy New Year from the HR-Benefits Department! With a new year upon us, it's a great time to take a closer look at your retirement Savings Plans.



How can I change my level of participation in the

401K Savings Plan and the 457(b) Savings Plans?

Fidelity Investments is the record keeper and trustee for both our 401K and 457(b) Plans. You have access to the Fidelity call center, multiple Fidelity on-site representatives, and one website for both plans. Through the <u>www.fidelity.com/atwork</u> website, you can change your level of participation, view custom statements, make beneficiary changes, loan requests, and review retirement payout options.

With one phone call or a single sign on to the Fidelity website you can enroll in one or both plans, read about investments in one or both plans, and change your contributions in one or both plans.

To learn more visit <u>www.fidelity.com/atwork</u> or call Fidelity at 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 Morgan Simmons at 713.566.4391 (office); 346-302-4248 (Mobile) or via email at Morgan.SweetonSimmons@harrishealth.org or Morgan.SweetonSimmons@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.