



Healthy@Harris Happenings

Physical • Social • Financial • Career • Community

June 2018



Wellness Events and Programs

Naturally Slim – June 2018 Class
Space is limited. Apply between May 28 - June 8, 2018.

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.

Space is limited. Apply between May 28 - June 8, 2018. Visit www.naturallyslim.com/harrishealth to apply.

Everyone who applies will be notified of their status (accepted or deferred) by Friday, June 15, 2018. **The Naturally Slim program starts June 25, 2018.**

Participants will receive 50 Premium Points on www.mycigna.com per class completed.

NOTE: MyCigna is set up so that participants can only receive credit for one class per goal category per day. Naturally Slim completion will fall under the “Complete an Employee Wellness Class” category. [Click here to view the flyer.](#)

Healthy Cooking Classes
June and July 2018

Chef Tim Saddler is hosting healthy cooking classes throughout June and July 2018. Each class will include a nutrition presentation, live cooking demo, and samples of the recipes while supplies last. Everyone who attends will earn 50 Premium Points on www.mycigna.com.

June Schedule:

Ben Taub – Tuesday, 6/5, from 3-4pm in the Houston A/B Conference Room (Tower)

CHC (S Loop W) – Wednesday, 6/6, from 12-1pm in the 9th Floor Executive Board Room

LBJ – Tuesday, 6/12, from 4-5pm in the Cafeteria

Quentin Mease – Wednesday, 6/13, from 3-4pm in the Cafeteria

9250 Kirby – Thursday, 6/28, from 3-4pm in the Cafeteria

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

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

Healthy Knowledge Seminar: The Emotional Minefields of Parentcare

June 13, 2018 – 12pm

Taking care of yourself, simply surviving parentcare, requires that you deal with some strong emotions. Believe it or not, reactions and feelings you have now, even the ones that seem disturbingly out of character for you, are normal and quite common. And they can be tempered once you recognize what it is you are feeling and why. Join us and learn to cope with the emotions all caregivers face.

Everyone who participates in the webinar will receive 50 Premium Points on www.mycigna.com. You must login and view the webinar on a computer or other internet-connected device to receive credit for attending.

[View more details on 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. Attending this webinar will fall under the “Complete a Healthy Knowledge Seminar” category.

Well Powered Living Class Series
El Franco Lee & Settegast Health Centers

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 the links below for the Well Powered Living Class Schedules:
[Settegast Health Center Schedule](#)
[El Franco Lee Health Center Schedule](#)

For more information contact employeeewellness@harrishealth.org or 713-566-6686.

Participants will receive 50 Premium Points for each class attended.

NOTE: MyCigna is set up so that participants can only receive credit for one class per goal category per day. Attending the Well Powered Living class will fall under the “Complete an Employee Wellness Class” category.

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.

Explore & Learn Booths
June 2018

The Healthy@Harris team will be hosting booths throughout June. The topic for June is “Stress Management”. Stop by for a stress management activity and information.

[View the Explore & Learn Booth schedule here.](#)

Everyone who completes the activity will earn 5 Premium Points and will be entered into a raffle for a prize!

<p>Get In. Get Out. Get Educated. Cigna Health Education Seminar: Busted! Nutrition Myths Date: Wednesday, June 20th</p> <p>Time: 11 am, 11:30 am, 12 pm, 12:30 pm</p> <p>Ben Taub 4th floor Conference Room</p> <p>Let's break down some nutrition myths that have been circulating. Is organic really better? If it is a "cholesterol-free" food, does that mean it's healthy? And many others. While new myths are brought into public view each day, let's break down some of the more common ones.</p> <p>Everyone who participates will receive 50 Premium Points on www.mycigna.com.</p> <p>NOTE: MyCigna is set up so that participants can only receive credit for one class per goal category per day. Attending this Cigna health education seminar will fall under the "Complete a Healthy Knowledge Seminar" category.</p>	<p>Cigna Stop By Booth: Men's Health Awareness Date: Tuesday, June 26th</p> <p>Time: 11 am – 12 pm</p> <p>Ben Taub Cafe</p> <p>It's a fact of life: Taking good care of your health includes preventive care. Preventive care includes going for medical tests. Screening tests can find diseases before you have symptoms. This is when there's a better chance for a treatment or a cure. That's why it is so important to get regular health screenings. Stop by for more information on when men should get health screenings.</p> <p>Everyone who completes the activity will earn 5 Premium Points.</p>
<p>Cigna On-Site Health Assessment Assistance</p> <p>Cigna staff will be available on the following dates and times to assist medical plan participants with completing their online health assessment. As a reminder, both employees and spouses on the medical plan MUST complete the online health assessment at www.mycigna.com. The online health assessment is worth 250 Premium Points.</p> <p>Click here to view the schedule.</p>	<p>Show Off Your Pet! June 3-9, 2018</p> <p>June 3-9 is Pet Appreciation Week. We want to know how your pets keep you healthy!</p> <p>How to participate:</p> <ul style="list-style-type: none"> Email a photo of your pet and a brief description of how your pet helps you to feel healthy and well to employeeewellness@harrishealth.org. Make sure to include your name and employee ID number in your email. Spouses can participate too! Spouses must include the employee ID number of the employee with whom they are associated in their email. <p>Everyone who submits a photo will receive 5 Premium Points on www.mycigna.com. The deadline to submit your photo is Saturday, June 9.</p> <p>Click here to view the flyer.</p>
<p>Spouses – Sign Up to Receive Healthy@Harris Communications</p> <p>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.</p> <p>Click here to view the full FY20 Premium Rewards Program requirements. Remember, the deadline to complete the program is 8/31/2018.</p>	<p>Healthy Knowledge Seminars available on LMS</p> <p>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:</p> <p>Dealing with Difficult People Managing Work-Life Balance Personal Resiliency Pt. 1 Trauma and Its Impact</p>

Kelsey-Seybold Seminars: Hypertension
Now 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.

June Schedule:

Holly Hall – Tuesday, 6/5, from 12-12:30pm and 12:30-1pm in the Board Room

Thomas Street – Thursday, 6/7, from 12-12:30pm in the 3rd Floor Conference Room

Ben Taub – Thursday, 6/14, from 11am-11:30am and 11:30am-12pm in the 4th Floor Conference Room

[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.

Time Management
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.

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.

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.

Participants receive 50 Premium Points per class attended.

NOTE: MyCigna is set up so that participants can only receive credit for one class per goal category per day. Attending the Prevent T2 class falls under the “Complete an Employee Wellness Class” category.

Online Wellness Challenge:
Health Trails
May 21st – July 1st
DEADLINE TO REGISTER: FRIDAY, JUNE 1ST




Keep up your pace on this 6-week journey through global destinations. Your *HealthTrails* goal is to earn 300+ virtual miles (aim for 50 miles/week) by recording steps, fruit and vegetable servings, and sleep.

To complete this challenge, you must earn a total of 300+ virtual miles within the HealthTrails challenge. Everyone who earns at least 300 virtual miles within the HealthTrails challenge will receive 250 Premium Points on www.mycigna.com after the challenge ends.

The challenge website is: <http://harrishealth.healthtrails.com>. Don’t forget to download the Health Trails App.

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

<p>EAP</p> <p>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.</p> <p>You and your eligible family members are entitled to up to 3 confidential, in-person EAP counseling sessions per incident.</p> <p>Phone: 800-638-3327 Online: www.feieap.com username: hhs</p> <p>View the Employee Assistance Program flyer</p>	<p>Livongo and Free Diabetes Medications-New effective March 1, 2018</p> <p>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.</p> <p>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.</p> <p>Click here for more information.</p>
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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)

[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.



Benefits for Your Life

A New Benefit for all Full and Part Time Employees

Finding the right care for your family can be tricky, especially when you work full-time. But you're in luck; Harris Health System now provides Care.com Membership as part of your Care@Work benefits. So you can get the helping hand you need when and where you need it. Click [here](#) for more information.

care@work



Your benefit details:

Backup Care for children and adults: 10 days
Benefit is per year, May 15 – May 14

Backup Care Subsidized Rates:

\$6.00/hour for in-home care
\$15.00 per child per day at child care centers
\$25.00 per family per day at child care centers

*Get a 10% discount at KinderCare, Children's Creative Learning Center and participating Champions.

Last Chance!

Flexible Spending Account Deadlines Coming Up Soon Don't Lose Your Money—Act Now!

If you've submitted claims that require substantiation (proof that they're eligible expenses), make sure your receipts are received by Flexible Benefits Administrators by June 15, 2018! Any unsubstantiated claims become taxable income, and you'll have to repay the money to Harris Health based on IRS guidelines.

Log on to flex-admin.com to find out if you have remaining funds or call 800-437-3539.

Cigna Behavioral Health



If you or a loved one has been diagnosed with a behavioral health condition, it can be hard to know where to turn for help. Cigna Total Behavioral Health is here for you.



Behavioral Specialty Care Support specialty programs give you access to behavioral experts with extensive experience. Cigna's dedicated behavioral care managers help you and your family address the challenges of:

- Autism spectrum disorder
- Bipolar disorder
- Child and adolescent mood and anxiety disorders
- Eating disorders
- Substance use
- Young adult major depression, bipolar disorder and substance use

To learn more or access services, visit myCigna.com or call the toll-free number on your Cigna ID card.

New Dedicated Cigna Advocate

Have questions regarding your Cigna benefits or claims, contact Harris Health's dedicated Cigna Advocate for assistance.

Crystal Cunningham
Phone: 346-302-4248
Fax: 866-875-4273
E-mail: harrishealth@cigna.com



Focus on Retirement

Make a commitment to yourself—you've earned it!

As was previously announced, Harris Health System recently raised the living wage to \$15 an hour! This is great news, as one of the steps to help boost your retirement savings when you receive a raise is to enroll in the 401K Plan, or if you're already enrolled, to increase your deferral percentage. By raising the amount you contribute to the 401K Plan by even just a small percentage, you can improve your chances of reaching your retirement goals.

Helping you achieve your savings and retirement goals is important to Harris Health System. That's why Harris Health System matches dollar for dollar, up to the first 5% that you contribute to your 401K Plan, for full-time employees hired or rehired after 12/31/2006. If you contribute less than 5%, you are missing out on your full employer match.

Don't miss out on this "free" money!

Small changes can make a big difference! Whether retirement is a long way off or right around the corner, by participating in the 401K Plan, you could make a big difference in preparing for your future. Check it out via **fidelity.com/powerofsmallamounts**. You can also utilize Fidelity's Take Home Pay Calculator at **401k.com** to see how much your paycheck will change when you increase your contribution. Click on the *Take Home Pay Calculator* link in the *Library* tab. Then **enroll or increase** your contribution in the 401K Plan today!

Need some help? You can meet with a Fidelity Retirement Planner either in person or over the phone by calling **800-642-7131**. Or schedule a one-on-one consultation with a retirement planner at **getguidance.fidelity.com**.

Investing involves risk, including risk of loss.

Fidelity Brokerage Services LLC, Member NYSE, SIPC, 900 Salem Street, Smithfield, RI 02917.

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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.