







### **Wellness** Events and Programs

NEW!

Healthy Knowledge Seminar: Ready, Set, Go May 9, 2018 – 12pm

This presentation addresses the attitudes, behaviors and "habits" of the participants that impede healthy lifestyle change. It focuses on the areas: exercise, nutrition and sleep, and employs a 6 stage "Transtheoretical" model. This model includes six stages of personal change – Precontemplation, Contemplation, Preparation, Action, Maintenance and Relapse. Worksheets are provided, including a Personal Action Plan.

View more details on the flyer

Click here to register for the webinar

LAST CHANCE! Healthy@Harris Wellness Program Satisfaction Survey ENDS APRIL 30

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 last day to take the survey is Monday,
April 30<sup>th</sup>.\*\*\* 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.

**NEW!** 

Poker Walks
May 2018

May is National Employee Health and Fitness Month. Celebrate by participating in our annual Healthy@Harris Poker Walks! These walks will be held throughout May at the locations listed below. Each location will have a specific walking route. Each route will have 5 stops. As you walk along the route, you will collect a playing card at each stop. At the end of the walk, the participants with the 5 best poker hands at each location will win \$25 Target gift cards!

View the general flyer here

Kirby – Wednesday, May 2<sup>nd</sup>, 11am-12pm (<u>view route</u> map)

Holly Hall – Friday, May 4<sup>th</sup>, 11am-12pm (<u>view route</u> map)

LBJ – Friday, May 11<sup>th</sup>, 11am-12pm (<u>view route map</u>) Ben Taub – Tuesday, May 15<sup>th</sup>, 11am-12pm (<u>view route map</u>)

Quentin Mease – Wednesday, May 16<sup>th</sup>, 11am-12pm (<u>view route map</u>)

Community Health Choice (S Loop W) – Friday, May 18<sup>th</sup>, 10am-11am (<u>view route map</u>)

NEW!

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 <a href="https://www.mycigna.com">www.mycigna.com</a>.

May Schedule:

<u>Vallbona Health Center</u> – Thursday, 5/3, from 12-12:30pm, Conference Room

<u>Strawberry Health Center</u> – Thursday, 5/10, from 12-12:30pm, Conference Room

<u>El Franco Lee Health Center</u> – Thursday, 5/17, from 12-12:30pm, 2<sup>nd</sup> Floor Multi-Purpose Conference Room

Quentin Mease Hospital – Tuesday, 5/22, from 12-12:30pm and 12:30-1pm, AD-104

Click here to view the full seminar schedule.



#### Cigna Stop By Booth: How to Increase Your Daily Physical Activity

Thursday, May 24th

Does it seem like there just aren't enough hours in the day to get everything done? Between work, family, friends and other commitments, finding time to exercise can be a real challenge. Your health is important. And being physically active is a good way to take care of it. Stop by for tips on easy ways to add more physical activity to your life.

Day: Thursday, May 24<sup>th</sup> Time: 10 am – 12 pm Location: Ben Taub Cafe

All participants will receive 5 Premium Points on

www.mycigna.com.

NEW!

**Explore and Learn Booths** May 2018

The Healthy@Harris team will be hosting booths throughout May. The topic for May is "Exercise". Stop by to test your fitness knowledge and skills

Everyone who stops by a booth will earn 5 Premium Points on <a href="https://www.mycigna.com">www.mycigna.com</a> and will be entered into a raffle for a prize!

View the Explore & Learn Booth schedule here.



#### Healthy Knowledge Seminar: Medical Benefits 101

May 2018

Please join Leah Campbell, from Cigna, for a postenrollment 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 May:

Community Health Choice (S Loop W) – Wednesday, 5/9, 12-12:30pm and 12:30-1pm, 2<sup>nd</sup> Floor HR Training Room

9250 Kirby – Thursday, 5/10, 12-12:30pm and 12:30-1pm, Vision Conference Room

Holly Hall – Tuesday, 5/15, 12-12:30pm and 12:30-1pm, Board Room

Click here to view the full schedule

NEW!

Healthy Knowledge Seminar: Exercising Away from the Gym Wednesday, May 16<sup>th</sup>

Don't have a gym membership? No problem. We'll help you keep fitness a priority and create easy workout plans that cover five components of fitness. The best thing is that the benefits of exercise can be achieved anywhere – even without a gym.

Date: Wednesday, May 16th

Time: 10-10:30am, 10:30-11am, 11-11:30am,

11:30am-12pm

Location: Ben Taub 4th Floor Conference Room

All participants will receive 50 Premium Points on

www.mycigna.com.



#### Healthy Knowledge Seminar: Radiation Therapy in Our Oncology World

PIKNIC (Partners in Knowledge, News in Cancer) presents: Raditaion Therapy in Our Oncology World. This hourlong seminar is hosted by the Cancer Resource Center at LBJ Hospital. All participants will receive 50 Premium Points on www.mycigna.com.

Wednesday, May 30<sup>th</sup>, 2018 11:30 AM - 12:30 PM LBJ Hospital - Outpatient Center First Floor Conference Room #1005

For more information, please contact: LBJ Hospital Cancer Resource Center 713-566-4608 CancerResourceCenter@Harrishealth.org

Click here to view the flyer.

## Healthy Knowledge Seminars available on LMS

You can now view our past EAP webinars on the Harris Health <u>Learning 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.



## Online Wellness Challenge: Health Trails

Starting May 21, 2018



Ready to get moving toward better health and

well-being?

You're about to discover and learn about captivating attractions throughout the world as you practice sustainable health habits. Each time you log an activity you move along the trail. As you progress you'll enjoy great images and vivid descriptions of each attraction as if you're right there.

In 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 will be <a href="http://harrishealth.healthtrails.com">http://harrishealth.healthtrails.com</a>. The challenge website is not currently live, but will open for registration on Monday, May 7, 2018.

Click here to view the challenge flyer.

## 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.

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

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

#### 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.

#### **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** 

#### **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.

<u>Click here</u> 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)

## 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,

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.

right to your door.

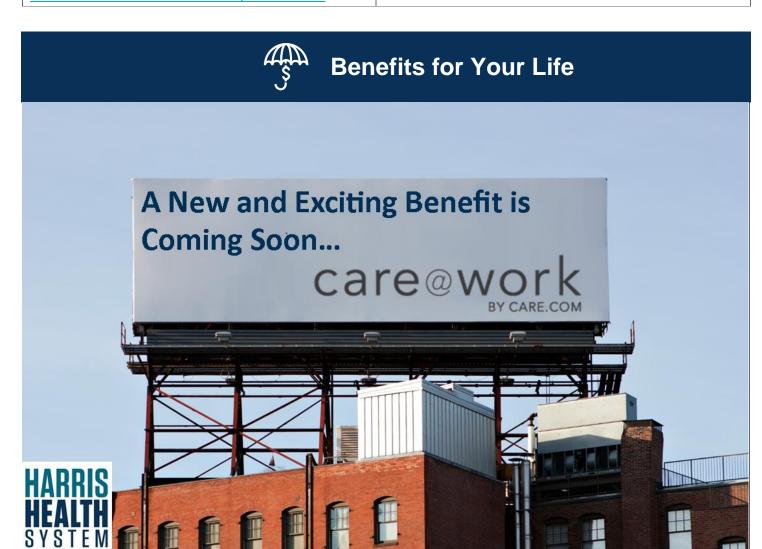
Click here to Register:

register.livongo.com/HARRISHEALTH

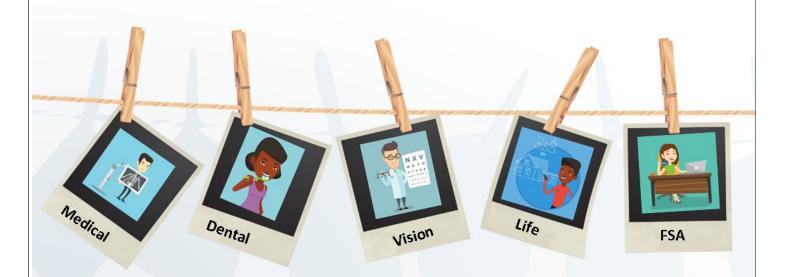
**Registration Code: HARRISHEALTH** 

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.



# Visit the Benefits intranet site for current information regarding your benefits



## **New Dedicated Cigna Advocate**

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

Cigna.

Crystal Cunningham

Phone: 346-302-4246

Fax: 866-875-4273

E-mail: harrishealth@cigna.com





**Focus on Retirement** 



#### THE FINANCIAL WELLNESS HELP YOU NEED.

On site Fidelity one-on-one consults.



You've dedicated your professional life to caring for others.

Fidelity Investments® is here to help you give the same attention to your own future. Schedule a complimentary in person or phone one-on-one appointment. Call: 800-642-7131 or Register Online

At Fidelity Investments®, we know that life is busy and that planning for your financial future can be a challenge. That's why we offer the opportunity for you to meet with a Fidelity Retirement Planner for a oneon-one consultation, either in person at your workplace, or right over the phone. Our consultations over the phone are just as thorough as an in-person meeting, and with convenient hours that fit your schedule. This complimentary benefit from Harris Health System can help you with:

- ✓ Budgeting
- Debt Management
- ✓ Saving for Retirement
- ✓ Managing your retirement savings goals
- ✓ Building a plan that's easy to put into action
- ✓ Reviewing investment choices

Chris Molder, Russell Jeanis and Dena Yebernetsky are your dedicated Fidelity Retirement Planners, and they will be at your workplace on the following dates for one-on-one appointments.

Location	Date	Time	Room
Holly Hall	Thursday, May 10 Monday, July 9	8:00 a.m. – 1:00 p.m.	Interview Room
Ben Taub	Monday, May 7 Monday, June 11 Tuesday, July 10	8:00 a.m. – 1:00 p.m.	The Towers – El Paso The Towers – El Paso The Towers – Galveston
LBJ	Wednesday, May 9 Thursday, July 12	8:00 a.m. – 1:00 p.m.	UT East Wing Rm. 218-219 Mr. Masi's Conference Room

Please consider bringing relevant account statements and any paperwork to help address your questions or needs. Appointments for in-person consultations are required. Unfortunately, walk-ins cannot be accommodated. We urge you to schedule an appointment at a time that's convenient for you, or to call for a phone consultation.

#### The NetBenefits® Mobile App Helps You Make the Most of Your Benefits.

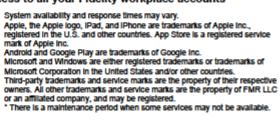
Download the NetBenefits mobile add and get access to all your Fidelity workplace accounts anytime, anywhere.\*







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Investing involves risk, including risk of loss.

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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 713.566.4391 (office); 346-302-4248 (Mobile) or via email at or <a href="mailto:HarrisHealth@Cigna.com">HarrisHealth@Cigna.com</a> 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.