



October 2018



Wellness Events and Programs

NEW Field Day 2018

Saturday, October 6, 2018

Location: Quillian Park, 10570 Westpark Dr., Houston, TX 77042

Time: 8am-12pm

Mark your calendars for Field Day 2018! The event will be held on Saturday, October 6, 2018, from 8am-12pm.

This year's event will feature a team tournament, individual activities, and games for the whole family.

[Click here to view the flyer for more information and to register for the event!](#)

NEW Houston Corporate Run 5k

October 22-25, 2018, 4-7pm each day

Location: Memorial Park

Harris Health system is participating in the Annual Houston Corporate 5K!

This year's Houston Corporate 5K will be held from Monday, October 22 - Thursday, October 25, 2018.

The first 500 employees to register will receive a 50 percent discount on their entry into the event. To register, [visit our team page](#). No special codes are necessary as your discounted entry has been built into the link.

During registration, we encourage you to sign up for Thursday, October 25 as Harris Health will have a company tent on site that day. You can show up at the start line anytime between 4-7pm. [Click here to view the event map](#).

The deadline to register and receive a t-shirt/goody bag is on 10/8.

All employees and spouses who participate in this event will receive 100 Premium Points on MyCigna.



Wellness Events and Programs

NEW AHA Houston Heart Walk 2018

Saturday, November 3 – 7:30am

Texas Medical Center

Join the Harris Health System team for the American Heart Association's annual Heart Walk in Houston! Make sure to join the Harris Health System team when you register. All participants who walk on the Harris Health System team will receive 100 Premium Points on MyCigna.

[View the flyer for the event.](#)

[Click here to register!](#)

NEW Choose Healthier in Harris Health Cafeterias

The Choose Healthier program makes healthy food more accessible to employees. In the coming months, Food and Nutrition Services will be rolling out new, healthier food choices in their cafes, vending machines and catering menu.

Employees can now use their Harris Health Rewards points to purchase a \$5.00 voucher from the Harris Health Rewards site. This voucher is good towards any purchase of a Choose Healthier item.

[Click here for more information about Choose Healthier.](#)

NEW Nutrition Classes

The Healthy@Harris team has partnered with the Harris Health Clinical Dietitians to bring you nutrition classes. In this 2-part class you will learn about the benefits of plant-based eating, be able to dispel myths about vegetarianism, and practice building a healthier meal through hands-on classroom activities.

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

Everyone who participates will receive 50 Premium Points on www.mycigna.com for each class attended.

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 Wellness Class" category.



Wellness Events and Programs

If you have additional questions stop by one of our booths in October. [Click here for the schedule.](#)

To purchase a voucher, visit [Harris Health Rewards](#).

[Click here to view items that are currently available as part of Choose Healthier](#)

Look for this label on Choose Healthier items:



NEW Explore & Learn Booths

The Healthy@Harris team will be in the cafes introducing the Choose Healthier program in October. The Choose Healthier program is an organizational initiative brought to you by Employee Wellness and Food and Nutrition Services. Our mission is to make healthier food accessible in our cafes. Stop by to learn about the program and our new Choose Healthier voucher available on the Harris Health Rewards site.

[Click here to view the Explore & Learn schedule.](#)

Everyone who participates will earn 5 Premium Points on [www.mycigna.com](#).

NEW Well Powered Living

The Healthy@Harris team is presenting a new 4-week class series for those who are ready to 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 to view the Well-Powered Living Schedule](#)

Everyone who participates will receive 50 Premium Points on [www.mycigna.com](#) for each class attended.

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 Wellness Class" category.

NEW Healthy Knowledge Seminar: Understanding Depression

October 10, 2018 – 12:00pm

Depression is a very serious condition. This webinar will help you understand its signs, causes and treatment options, which can be helpful to you and those you are concerned about.

Participants will receive 50 Premium Points on [www.mycigna.com](#).

[Click here to view the flyer and 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. This webinar will fall under the "Complete a Healthy Knowledge Seminar" category.



Wellness Events and Programs

NEW Healthy Knowledge Seminar: Breast Cancer – What You Need to Know

October 3, 2018 – 12-12:30pm

Kelsey-Seybold physician, Dr. Jamise Crooms, will go over breast cancer symptoms, next steps and prevention tips.

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

Participants will receive 50 Premium Points on www.mycigna.com. You must log in through your computer to receive credit for attending. You cannot receive credit if you only dial in on your phone.

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

NEW PICNIK Seminar: Sarcomas

Wednesday, October 31st, 2018

11:30 AM - 12:30 PM

Presented by: Roberto Carmagnani Pestana, MD
Medical Oncology Fellow
MD Anderson Cancer Center
LBJ Hospital General Oncology

Where: LBJ Hospital - The Outpatient Center, First Floor Conference Room #1005

No pre-registration required. Faculty and staff, please feel free to bring your lunch.

All participants will receive 50 Premium Points for attending.

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.

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



Wellness Events and Programs

NEW Online Challenge:



October 1-31, 2018

Registration opens: September 17, 2018

Step out and step up to better health.

October is ideal for walking — it's the perfect time to get outside to enjoy the sights, sounds, and smells that only happen this time of year. Walktober is designed to inspire everyone to make walking a priority — in October and beyond.

In this 31-day journey through the cool, colorful season, your Walktober goal is to accumulate 20 leaves by recording at least 30 minutes of dedicated walking minutes or 6000 steps each day.

To complete this challenge, you must earn a total of 20 leaves within the Walktober challenge by Wednesday, October 31, 2018. Everyone who earns at least 20 leaves within the Walktober challenge will receive 250 Premium Points on www.mycigna.com after the challenge ends.

The 3 teams with the most leaves earned at the end of the challenge will receive a bonus! Each team member on the top 3 teams will receive 50 additional Premium Points on www.mycigna.com after the challenge ends. (Please note: you are not required to join a team to participate in the challenge. You may participate as an individual only if you wish.)

Registration for this challenge opens Monday, September 17, 2018. [Click here to register.](#)



Wellness Events and Programs

Prevent T2 Class

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](#)

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 Financial Fairs

The Healthy@Harris team will be at the following locations as part of the annual Financial Fairs hosted by the Retirement Benefits department. Stop by to learn more about the FY21 Premium Rewards Program. Everyone who participates will receive 5 Premium Points on www.mycigna.com.

Ben Taub Hospital, 2nd Floor Breezeway between BT & Towers - Monday, 10/15/2018, 9:00a – 12:00p

MLK Clinic, Front Lobby – Monday, 10/15/2018, 1:00p – 3:00p

Kirby, Vision Conference Room – Tuesday, 10/16/2018, 9:00a-11a

Quentin Mease, Main Hallway – Tuesday, 10/16/2018, 1:00p – 3:00p

Holly Hall, Main Hallway – Wednesday, 10/17/2018, 9:00a – 12:00p

LBJ Hospital, Annex Breezeway - Thursday, 10/18/2018, 9:00a – 12:00p

Community Health Choice, Executive Conference Room – Friday, 10/19/2018, 9:00a – 11:00a



Wellness Events and Programs

NEW Cigna and Kelsey-Seybold Meet & Greets

October 2018

Stop by for an opportunity to meet your Cigna and Kelsey-Seybold representatives and ask any questions you may have regarding your benefits and the FY21 Wellness Program. Feeling lucky? Test your benefits and wellness program knowledge for a chance to win some fun giveaways.

Everyone who stops by will receive 5 Premium Points on MyCigna.

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

NEW Cigna Stop By Booth: Stress Less

Date: Thursday, October 25th

Time: 11 am – 12 pm

Ben Taub Cafeteria

With the pace of life in America today, stress is virtually unavoidable. But it's not always a bad thing – and it often comes down to how you handle it. Stop by for tips to help identify and manage stressors.

NEW Healthy@Harris FY21 Premium Rewards Program-Deadline 8/31/19

Participate 9/1/18 through 8/31/19

Rewards Effective: 3/1/20 (FY21)

[Click here](#) to view the FY21 Premium Rewards Program roadmap.

Please Note: 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, 2020.

Step 1: Complete an annual physical exam with lab values by 8/31/19. (250 points)

Step 2: Complete the online health assessment by 8/31/19 (250 points)

Step 3: Earn at least 1,000 points by 8/31/19 (note 500 points are earned from step 1 & 2)

In addition to the \$1,200 in premium rewards, you have

NEW Livongo Hypertension Management Program

Hypertension (high blood pressure) is one of the biggest risk factors for cardiovascular disease. However, according to the American Heart Association, improved blood pressure control can lead to significant health benefits. Each 20 mmHg decrease in systolic and 10 mmHg decrease in diastolic blood pressure is associated with a 50% decrease in the risk of death caused by heart disease.

The Livongo for Hypertension program will be a new health benefit that makes living with high blood pressure easier by providing you with a connected monitor, a mobile app that gives personalized feedback, and one-on-one coaching. The program will be available on 9/1/18 for Harris Health employees and spouses already enrolled in the Livongo for Diabetes Program. Any Harris Health employees or spouses interested in joining the Livongo for Hypertension Program, who are not already enrolled in the Livongo for Diabetes Program, will be eligible to enroll on 11/1/18.

To earn 200 Premium Points, you must enroll in the Livongo for Hypertension Program and check your



Wellness Events and Programs

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 FY21 FAQs](#)

[Click here for the NEW Wellness Screening form.](#)

Take this form to your physician to get credit for labs, biometrics and your physical.

[Click here to view the electronic presentation.](#)

Participants will earn 50 premium points upon completion.

blood pressure 5 times within the first two weeks of receiving your device. In addition, you can earn 50 Premium Points for each month you check your blood pressure a minimum of four times. Please follow your doctor's advice for when and how often you should monitor your blood pressure.

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

[Current Livongo participants who have Hypertension may click here to register.](#)

Harris Health Fitbit Group

Healthy@Harris now has a Harris Health Fitbit Group. 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.

If you have a Fitbit account and would like to join the Harris Health Fitbit group, [please fill out this online form.](#)

NEW Kelsey-Seybold Seminar: Preventing Sports Injuries

Kelsey-Seybold physicians will be leading 30-minute seminars on preventing sports injuries from October 2018 through February 2019. Participants will receive 50 Premium Points on www.mycigna.com.

[Click here to view the schedule for October 2018.](#)

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.



Wellness Events and Programs

NEW Get Your Rear in Gear Walk

November 17, 2018

**Baylor College of Medicine, The McNair Campus
7200 Cambridge St. Houston, TX 77030**

We've formed The Harris Health System team for Get Your Rear in Gear and are joining thousands of others from across the country to make a difference in the fight against colon cancer, our nation's No. 2 cancer killer.

We'll go the distance. Will you join us? We'd love your support as we prepare for this meaningful day. We've got an ambitious fundraising goal but with support from people like you we can get there. The money raised will fund local programs to increase screening and awareness for colon and rectal cancer, as well as programs and services to support those living with the disease.

[Click here to view the team page and register for the walk.](#)

All participants who attend the walk will receive 100 Premium Points on www.mycigna.com.

Questions? Contact Latrice Lara at Latrice.Lara@harrishealth.org.

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

NEW Discounted Entry for 2019 BP MS150

Registration for the [2019 BP MS150](#) cycling ride is open now! You can use the following codes to save on registration if you register before October 6th:

BIKEVIP

or

TEAMUP

Make sure to join the Harris Health System team when you register. The password to join the team is HHSforall2018.

To join the Harris Health System MS 150 Team, please complete and return the [registration form](#) to Employee Wellness by January 11, 2019. Note: you still must register directly on the MS 150 website.

[Click here to review the Harris Health System MS 150 FAQs.](#)

Everyone who participates in the 2019 BP MS150 on the Harris Health System team will receive 100 Premium Points on www.mycigna.com.

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 FY21 Premium Rewards Program requirements.](#)

Remember, the deadline to complete the FY21 Premium Reward Program is 8/31/2019.



Wellness Events and Programs

[View the Employee Assistance Program flyer](#)

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

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

Livongo and Free Diabetes Medications

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.](#)

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.



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.

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.