



September 2018



Wellness Events and Programs

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)

NEW Naturally Slim

September 2018 Class

Naturally Slim is a 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 August 27, 2018 and September 7, 2018 at

<http://www.naturallyslim.com/harrishealth>

The deadline to apply is Friday, September 7, 2018! The program begins on September 24, 2018. [Click here to view the program flyer.](#)
Everyone who applies will be notified of their status (accepted or deferred) by Friday, September 14, 2018.

Healthy@Harris Happenings • September 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

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 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.](#)

This is a year-long program with weekly classes. All participants will receive 50 Premium Points per class completion.

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.



Wellness Events and Programs

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 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.](#)

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](#)

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.



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 Explore & Learn Booths

September 2018

The Healthy@Harris team will be hosting booths throughout September. The topic is "Rate MyPlate". **Take a photo of one of your meals and bring it to the booth.** You will use your photo and our short quiz to rate your plate against the MyPlate Guidelines.

If you cannot attend a booth, [download the quiz](#) and email the completed quiz and a photo of your meal to EmployeeWellness@harrishealth.org by September 28th.

Everyone who participates will earn 5 Premium Points on www.mycigna.com and will be entered into a raffle for a prize!

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

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: Healthy Eating

Date: Wednesday, September 19th

Time: 11 am – 1 pm

Ben Taub Cafeteria

There are so many reasons to follow a healthy eating plan. In addition to just feeling better, you can help reduce your risk for type 2 diabetes, cardiovascular disease and certain types of cancer. Stop by for more information on eating healthy.



Wellness Events and Programs

NEW Online Challenge:

WALKT[™]BER

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.](#)

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
- Harris Health can schedule up to 4 trial membership periods per calendar year (one per quarter). Dates above.
- 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 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](#).

NEW September Top Health Newsletters

This month's newsletter includes information about core-strengthening exercises, healthy sleep habits, and diet myths.

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

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

NEW September Kelsey-Seybold Health Check Newsletters

This month's newsletter shares information about the types of cholesterol and how to manage your cholesterol levels.

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

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



Wellness Events and Programs

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.

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

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.

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.