



Accessing Employee Wellness Activities via the Harris Health System Saba Learning Management System (LMS)

Saba LMS is accessible to Harris Health System **employees only**. Spouses of employees will need to use the [Survey Monkey for Spouses document](#) to access Healthy@Harris webinars for Premium Points.

PREMIUM POINTS

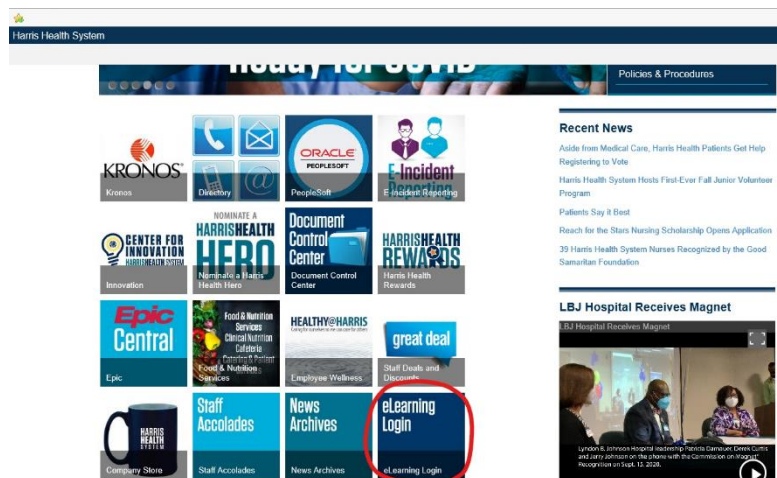
You must watch the video and score a 70% or higher on the assessment to earn Premium Points.

Employee Wellness can only credit one Wellness Class, one Wellness Workshop and one Healthy Knowledge Seminar per day. Each is worth 50 Premium Points.

Employee Wellness can only credit one Group Exercise class OR one Recreational Sports Activity per day. Each is worth 20 Premium Points.

INSTRUCTIONS:

1. Open the Harris Health System Intranet homepage. Click on the eLearning Login icon towards the bottom of the screen. You can also access LMS through the Healthy@Harris newsletters in the section titled, “Online Classes, Workshops and Healthy Knowledge Seminars for Employees and Spouses.”



Contact us at employee wellness@harrishealth.org; 346-426-1597

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 a incentives under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Crystal Cunningham at 346-426-1812 or 346-302-4248 or via email at HarrisHealth@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.



ONLINE Classes, Workshops and Healthy Knowledge Seminars for Employees and Spouses

NEW New Classes Added!

50 Premium Points Online Wellness Classes, Wellness Workshops and Healthy Knowledge Seminars for Spouses

Spouses can receive 50 Premium Points each for completing online Wellness Classes. Click on the link below for more information.

Points to remember:
Spouse must pass the quiz with at least 70% to receive credit

Employee Wellness can only credit **ONE** Wellness Class, **ONE** Wellness Workshop and **ONE** Healthy Knowledge Seminar per day.

[Click Here to Access](#)

NEW New Classes Added!

50 Premium Points Online Wellness Classes, Wellness Workshops and Healthy Knowledge Seminars available on LMS for Employees

You can view our past Well Power Living classes on the Harris Health Learning Management System. Log in and enter "Employee Wellness" into the search box to find the modules.

Each class is approximately 1 hour long. You must complete a brief quiz within the Learning Management System window to complete the class. When the presentation has completed, please click on the "x" on the right of your screen so that you can continue to take the quiz.

Employee Wellness can only credit **ONE** Wellness Class, **ONE** Wellness Workshop and **ONE** Healthy Knowledge Seminar per day.

[Go to Learning Management System](#)

[LMS Course List](#)

Reminder: Employee Wellness can only credit ONE Wellness Class, ONE Wellness Workshop and ONE Healthy Knowledge Seminar per day.

- Once you click on the icon from the Intranet or Healthy@Harris newsletter, Click the "Saba LMS" tile. You should automatically be signed in through Single Sign On.

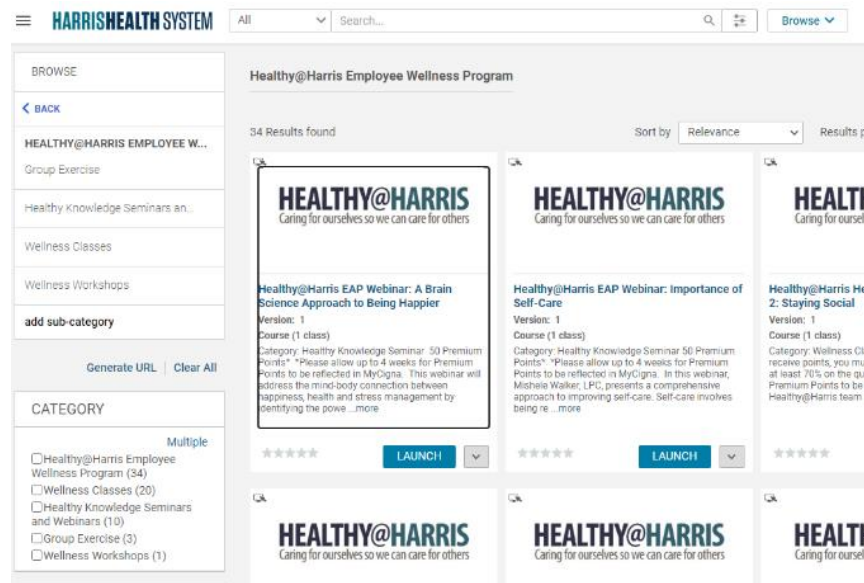
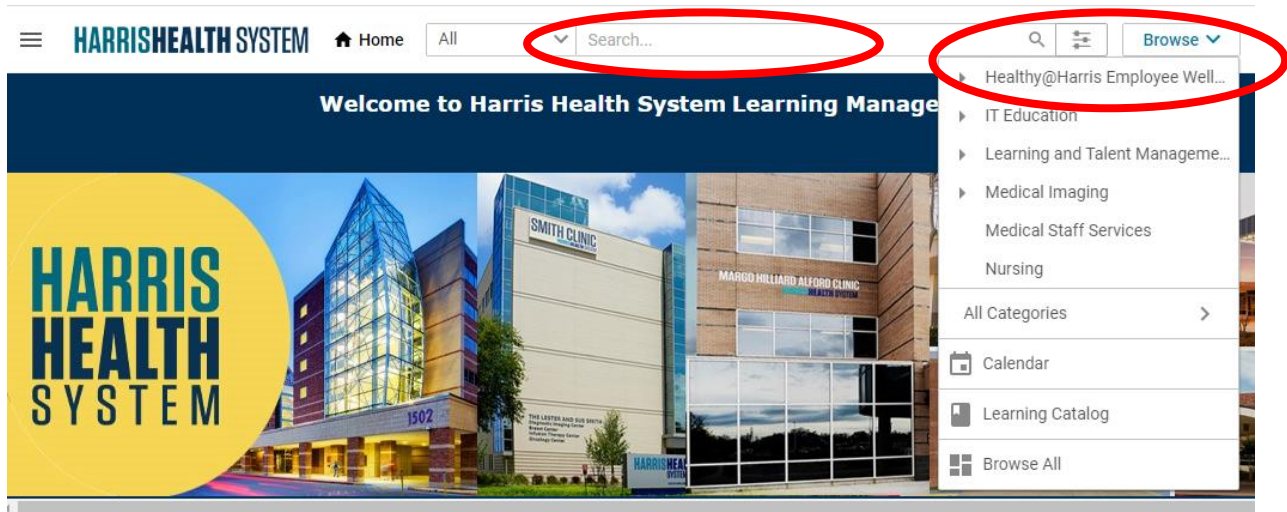
Learning Resources

Contact us at employeewellness@harrishealth.org; 346-426-1597

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 a incentives under this wellness program, you might qualify for a opportunity to eam the same reward by different means. Contact Crystal Cunningham at 346-426-1812 or 346-302-4248 or via email at HarrisHealth@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.



- Once you are logged in, locate the search bar at the top. You can search for keywords related to your interests, such as “wellness”, “stress”, “EAP”, etc. To see all Healthy@Harris courses available, use the “Browse” dropdown to the right of the search bar and select [Healthy@Harris Employee Wellness Program](#). All courses available for Premium Points will specify it in the description and be branded with the Healthy@Harris logo.



Contact us at employeewellness@harrishealth.org; 346-426-1597

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 a incentives under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Crystal Cunningham at 346-426-1812 or 346-302-4248 or via email at HarrisHealth@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.



Accessing eLearning for Spouses via Survey Monkey

Survey Monkey webinars are for spouses only. Employees will need to use the Harris Health System Learning Management System (LMS) to access Healthy@Harris webinars.

PREMIUM POINTS

You must watch the video and score a 70% or higher on the assessment to earn Premium Points.

Employee Wellness can only credit one Wellness Class, one Wellness Workshop and one Healthy Knowledge Seminar per day. Each is worth 50 Premium Points.

Employee Wellness can only credit one Group Exercise class OR one Recreational Sports Game per day. Each is worth 20 Premium Points.

INSTRUCTIONS:

1. Check your email for the latest Healthy@Harris newsletter and find the page titled, “Online Classes, Workshops and Healthy Knowledge Seminars for Employees and Spouses”, then click **“Click Here to Access”**. You can also [click here to access the document](#).

ONLINE Classes, Workshops and Healthy Knowledge Seminars for Employees and Spouses

NEW New Classes Added!

50 Premium Points Online Wellness Classes, Wellness Workshops and Healthy Knowledge Seminars for Spouses

Spouses can receive 50 Premium Points each for completing online Wellness Classes. Click on the link below for more information.

Points to remember:
Spouse must pass the quiz with at least 70% to receive credit

Employee Wellness can only credit ONE Wellness Class, ONE Wellness Workshop and ONE Healthy Knowledge Seminar per day.

Click Here to Access

NEW New Classes Added!

50 Premium Points Online Wellness Classes, Wellness Workshops and Healthy Knowledge Seminars available on LMS for Employees

You can view our past Well Power Living classes on the Harris Health Learning Management System. Log in and enter "Employee Wellness" into the search box to find the modules.

Each class is approximately 1 hour long. You must complete a brief quiz within the Learning Management System window to complete the class. When the presentation has completed, please click on the "x" on the right of your screen so that you can continue to take the quiz.

Employee Wellness can only credit ONE Wellness Class, ONE Wellness Workshop and ONE Healthy Knowledge Seminar per day.

Go to Learning Management System

LMS Course List

Reminder: Employee Wellness can only credit ONE Wellness Class, ONE Wellness Workshop and ONE Healthy Knowledge Seminar per day.

Contact us

346-426-1597

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 a incentives under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Crystal Cunningham at 346-426-1812 or 346-302-4248 or via email at HarrisHealth@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.



2. A PDF document will appear in a separate tab on your internet browser. Please read the instructions carefully and click on the wellness activity you would like to complete.



Online Wellness Classes for Spouses

Spouses can receive 50 Premium Points for completing each of the following online Wellness Classes. Click on a link below to get started.

Online Wellness Classes

The password for viewing the classes is: **Healthy@Harris1**

[Well Powered Living 1.0: Personal Mission](#)



Step 2

3. Once you click on the link, a Survey Monkey quiz will appear in a new tab on your internet browser. Please read the instructions carefully.
4. After you read the instructions, click on the link in the description to watch the webinar video. Once you have finished watching the video, provide spouse's name, employee ID and spouse's email. Click the "Next" button at the bottom of the quiz to complete the webinar quiz.

Contact us at employeewellness@harrishealth.org; 346-426-1597

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 a incentives under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Crystal Cunningham at 346-426-1812 or 346-302-4248 or via email at HarrisHealth@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.



Webinar Quiz: Well Powered Living Personal Mission

Please take this quiz AFTER viewing the "Well Powered Living: Personal Mission" webinar recording.

[CLICK HERE to view the webinar recording.](#)



Step 3

Webinar Password: Healthy@Harris1

Participants who achieve 70% or higher on the quiz will receive 50 Premium Points on www.mycigna.com. Please allow 4 weeks for the points to show in your MyCigna account.

If you already received credit for watching this webinar when it was held live, you cannot receive credit for it again by taking the quiz.

Please note: MyCigna is set up so that participants can only receive credit for one activity category per day. This module falls under the "Complete a Wellness Class" category. If you want to receive credit for multiple wellness classes, please make sure to complete them on different days.

THIS QUIZ IS FOR SPOUSES ONLY. If you are an employee, please go to learning.harrishealth.org to complete this module on the Harris Health Learning Management System.

* 1 EmployeeID Number

Please enter the employee ID number of the Harris Health Employee with whom you are associated.

* 2 Spouse Name

* 3 Spouse E-mail address



Step 4

Powered by
 **SurveyMonkey**
See how easy it is to [create a survey](#).

Contact us at employeehealth@harrishealth.org; 346-426-1597

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 a incentives under this wellness program, you might qualify for a opportunity to earn the same reward by different means. Contact Crystal Cunningham at 346-426-1812 or 346-302-4248 or via email at HarrisHealth@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.