

Employee Wellness Program

Our Team

HARRIS HEALTH SYSTEM

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Wellness Coordinator

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Wellness Coordinator

CIGNA HEALTHCARE

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Latecia Murphy, M Ed, RN, BSN, CHES

Cigna Onsite RN Health Coach

Crystal Cunningham

Onsite Client Service Partner

Our passion is to help people improve their health, well-being and quality of life!

Employee Assistance Program (EAP)

Benefit is administered by FEI.

- EAP is available to all employees and their household dependents at no cost.
- Confidential, private resources are available 24/7 to discuss personal problems concerning family, finances, health, emotional stress, and more.
- Up to three (3) free counseling sessions are available to the employee and to each household member per diagnosis per calendar year. Any additional recommended services would be subject to the Medical Plan benefit and eligibility rules.
- Individual and Management resources are available, including articles, infobooks, webinars/training, videos and more.

Contact Information:

Company Code:

hhs

Phone:

1-800-638-3327

Website:

www.feieap.com





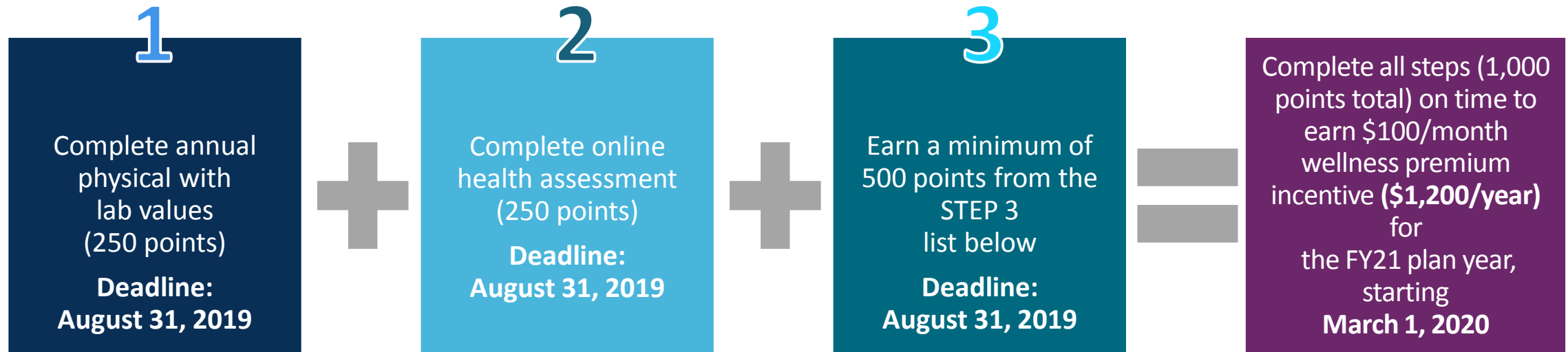
Choose Healthier

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.

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

FY21 Premium Rewards Program



FY21 Spouse Requirements

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 incentives.

If only one person completes the program, then the premium reward will be \$50 per month. Premium incentives are effective March 1, 2021.

Step 3 – Earn 500 Additional Points

STEP 3 – Complete Any Combination for 500 Total Additional Points	Points
Achieve Health Goals (complete 9/1/18 – 8/31/19) NOTE: Your self-reported biometric values in the Health Assessment will not earn you any Premium Points for the below goals.	
Achieve a healthy waist size of 35 in. (women) or 40 in. (men), or less	100 Premium Points - if Biometric is in Range
Achieve a healthy blood pressure level of $\leq 120/80$	100 Premium Points - if Biometric is In Range
* To earn points for the above biometric values you must submit the Wellness Screening Form located on myCigna.com	
Achieve a fasting blood glucose (blood sugar) level of < 100	100 Premium Points - if Biometric is in Range
Achieve a healthy LDL level of ≤ 100	100 Premium Points - if Biometric is in Range
Achieve a healthy total cholesterol level of ≤ 200	100 Premium Points - if Biometric is in Range
*To earn points for the above biometric values you may have lab done at an in-network lab such as LabCorp, Quest, Kelsey or submit the Wellness Screening Form located on myCigna.com.	
NOTE: Alternative activities are available if you are unable to meet the biometric values above.	

Step 3 – Earn 500 Additional Points

Preventive Goals (complete 9/1/18 – 8/31/19)

Complete an Annual OB/GYN Exam (Females > 18) *	100 Premium Points
Complete a Cervical Cancer Screening (Females > 18) *	100 Premium Points
Complete a Mammogram (Recommended at ≥ Age 40)*	100 Premium Points
Complete a Colon Cancer Screening (Recommended at Age 50 to Age 75)*	100 Premium Points
Complete a Prostate Screening (Males >18)*	100 Premium Points
Complete a Dental Exam (self-reported goal)	100 Premium Points
Complete a Vision Exam (self-reported goal)	100 Premium Points
* Check with your doctor to see if you need the screenings and how often.	

Points for these exams are awarded based on the claim that your doctor sends to Cigna.

Step 3 – Earn 500 Additional Points

Preventive Goals (complete 9/1/18 – 8/31/19)	
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Complete a Cervical Cancer Screening (Females > 18) *	100 Premium Points
Complete a Mammogram (Recommended at ≥ Age 40)*	100 Premium Points
Complete a Colon Cancer Screening (Recommended at Age 50 to Age 75)*	100 Premium Points
Complete a Prostate Screening (Males >18)*	100 Premium Points
Complete a Dental Exam (self-reported goal)	100 Premium Points
Complete a Vision Exam (self-reported goal)	100 Premium Points
* Check with your doctor to see if you need the screenings and how often.	

Points for these exams are awarded when you self-report the date of your exam.

Step 3 – Earn 500 Additional Points

Cigna Health Coaching by Phone (complete 9/1/18 – 8/31/19)	
Make progress toward a goal to overcome a health problem (Note: Chronic condition only)	200 Premium Points
Get help improving my lifestyle habits (Tobacco, Weight, or Stress)	200 Premium Points (per program)
Talk to a coach or visit the Ben Taub onsite coach to progress toward a health goal	200 Premium Points
Cigna Online Health Coaching (complete 9/1/18 – 8/31/19)	
Condition Management (Diabetes, Asthma, COPD, Heart Disease, Heart Failure)	100 Premium Points (per program)

Step 3 – Earn 500 Additional Points

Healthy Living Programs (complete 9/1/18 – 8/31/19)	
Livongo Diabetes Management Program - Enrollment and Activation (Must enroll and activate your meter)	200 Premium Points
Livongo Diabetes Management Program - Glucose Testing (Must test a minimum of four times per month)	50 Premium Points (per month)
Livongo Hypertension Management Program** (Must enroll and complete the Drive to Five (5 blood pressure checks within the first two weeks of receiving the device))	200 Premium Points
Livongo Hypertension Management Program - Monthly Monitoring** (Must check your blood pressure 4 times per month)	50 Premium Points (per month)
**New Program. Available to eligible participants already in Livongo Diabetes Management Program 9/1/18 and new eligible participants 11/1/18.	


 NEW

Step 3 – Earn 500 Additional Points

Healthy Living Programs (complete 9/1/18 – 8/31/19)	
Naturally Slim Weight Management Program Class Completion* (Year-long program; 50 points awarded per each class completed)	50 Premium Points (per class)
Harris Health “Becoming a Mom” Program* (LBJ Hospital) (9 classes total; 50 points awarded per class)	50 Premium Points (per class)
Cigna Healthy Pregnancy, Healthy Baby Program Required to join in 1 st or 2 nd trimester, points awarded upon delivery Note: if delivery occurs after 8/31 points will apply toward the following year	400 Premium Points (1 st trimester enrolled) 200 Premium Points (2 nd trimester enrolled)
*Please note you can only receive credit for one wellness class per day.	

Step 3 – Earn 500 Additional Points

Social Health and Wellness (complete 9/1/18 – 8/31/19)	
Get connected! Have fun and earn rewards on Apps & Activities. Earn points for tracking your steps, weight, nutrition, sleep, glucose and blood pressure. Device integration available. Earn 20 Cigna stars in order to earn 100 points.	20 Cigna Stars = 100 Premium Points

Step 3 – Earn 500 Additional Points

Employee Wellness Programs, Events & Activities (complete 9/1/18 – 8/31/19)		
	Complete the Well Powered Living Class Series* (4 classes total; 50 points awarded per class)	50 Premium Points (per class)
	Complete the Prevent T2 Diabetes Program Class Series* (26 classes total, 50 points per class)	50 Premium Points (per class)
	Complete an online wellness challenge	250 Premium Points (per challenge)
	Complete a Healthy Knowledge Seminar	50 Premium Points (per seminar)
* You can only receive credit for one wellness class per day. Maximum of 4,000 points/year.		

Step 3 – Earn 500 Additional Points

Employee Wellness Programs, Events & Activities (complete 9/1/18 – 8/31/19)

Attend a Healthy@Harris Special Event (will be announced)	100 Premium Points (per event)
Participate in an Explore & Learn Booth	5 Premium Points (per booth)
Participate in a group Exercise Class**	20 Premium Points (per class)
Participate in a Recreational Sports Program**	20 Premium Points (per game)
Achieve 10,000 steps a day**	20 Premium Points (per day)
Complete the annual Employee Wellness Survey	50 Premium Points
**Please note you can only receive credit for one exercise class, game or achieving 10,000 steps per day. Maximum of 5,200 points/year.	


 NEW

Current Events: 1365+ Premium Points Available

MyCigna Category	Event	Points	LBJ Date	Time	LBJ Location
Explore & Learn Booth	Explore & Learn: Choose Healthier	5	10/11/2018	12:00pm-1:00pm	LBJ Café
Explore & Learn Booth	Financial Fair	5	10/18/2018	9:00am-12:00pm	Annex Breezeway
Explore & Learn Booth	Cigna Meet & Greet	5	10/09/2018	10:00am-2:00pm	LBJ Café
Special Event	Field Day	100	10/06/2018	8:00am-12:00pm	Quillian Park
Special Event	Houston Corporate Run	100	10/22-10/25	4:00pm-7:00pm	Memorial Park
Special Event	AHA Houston Heart Walk	100	11/03/2018	7:30am	Texas Medical Center
Special Event	Get Your Rear in Gear	100	11/17/2018	7:00am	Baylor College of Medicine, The McNair Campus
Special Event	Relaxathon	100	12/03/2018	TBD (morning)	LBJ Annex
Employee Wellness Class	Prevent T2 (weekly)	50 each	10/2, 10/30, 11/6, 11/27, 12/4, 12/11, 12/18	11:00am – 12:00pm	3 rd Floor Conference Room
Employee Wellness Class	Nutrition Class (2)	50 each	11/14/2018	11:30am-12:00pm 12:00pm-12:30pm	3 rd Floor Conference Room
Healthy Knowledge Seminar	Kelsey-Seybold Webinar	50	10/03/2018	12:00pm-12:30pm	online
Healthy Knowledge Seminar	FEI Webinar	50	10/10/2018	12:00pm-1:00pm	online
Healthy Knowledge Seminar	PICNIK Seminar: Sarcomas	50	10/31/2018	11:30am – 12:30pm	The Outpatient Center, First Floor Conference Room #1005
Online Challenge	Walktober	250	10/1-10/31	N/A	N/A
Group Exercise/Sports/10,000 steps	Schedules vary	20 each	N/A	N/A	N/A

Communications

- Weekly Beat Brief emails
- Monthly Emails – Healthy@Harris Happenings

HEALTHY@HARRIS
Caring for ourselves so we can care for others

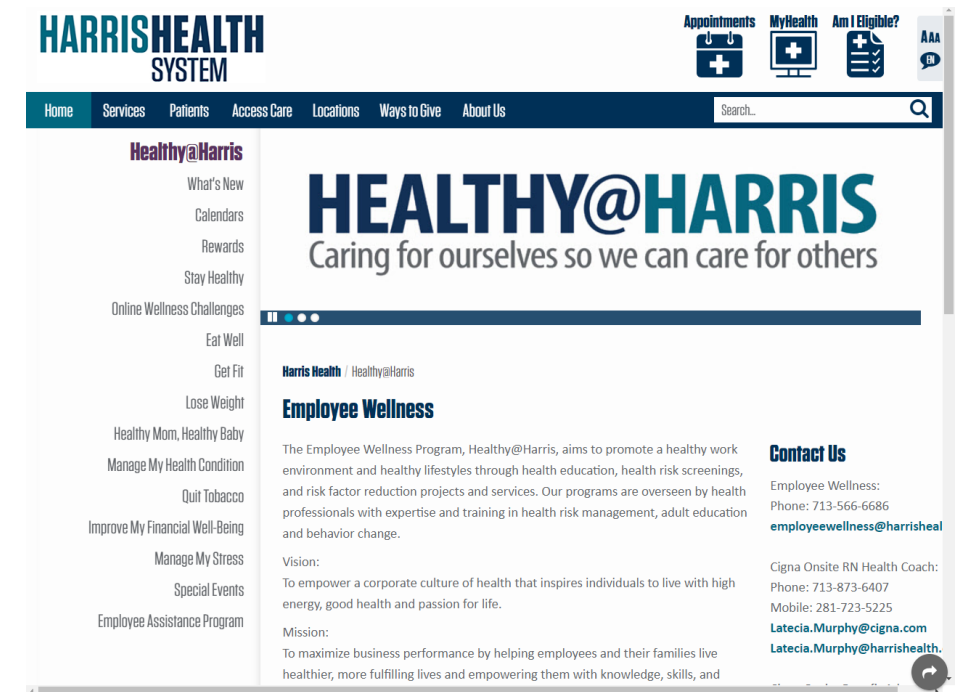
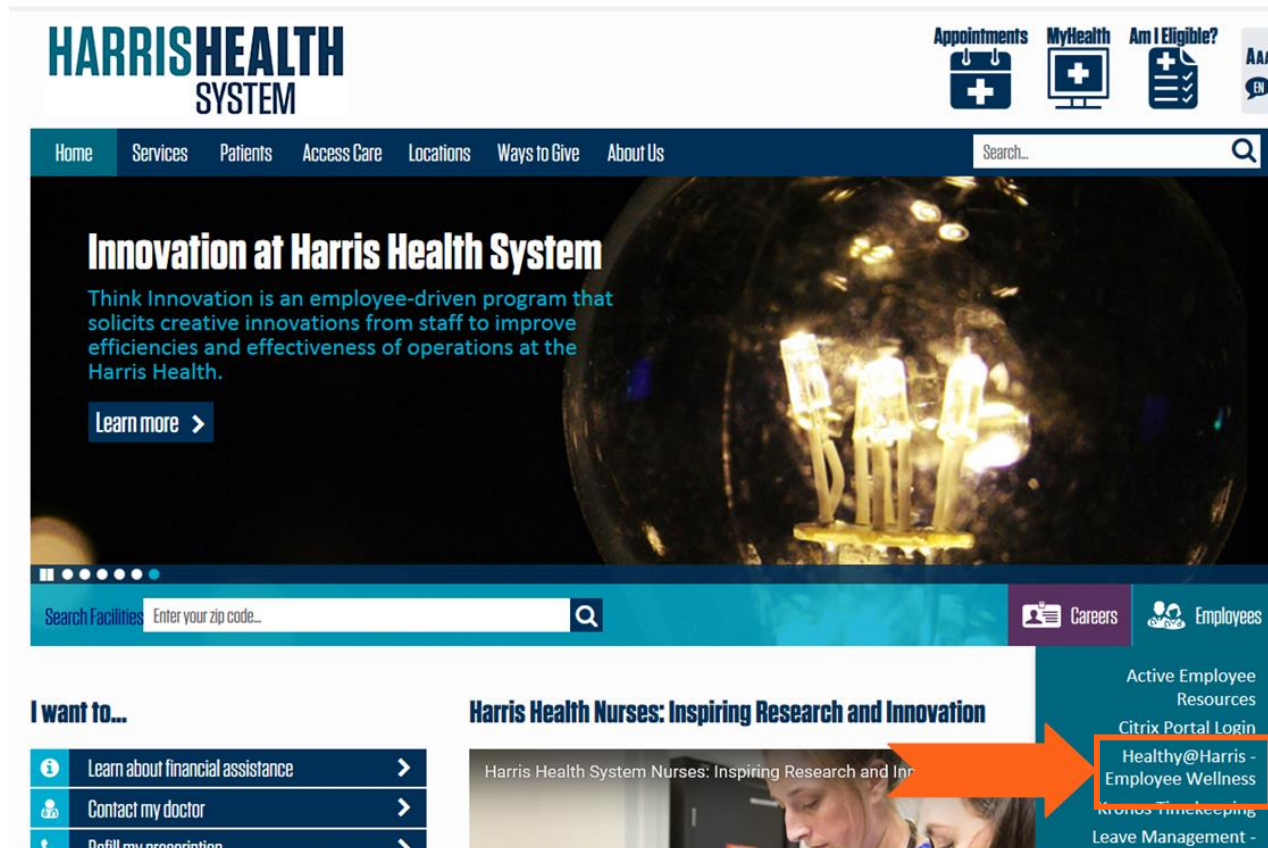
HARRISHEALTH
SYSTEM



Website

www.harrishealth.org/employee-wellness

Accessible from any internet-connected device



Contact Us!

HEALTHY@HARRIS

Caring for ourselves so we can care for others

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employeeewellness@harrishealth.org

[Visit our website!](#)