

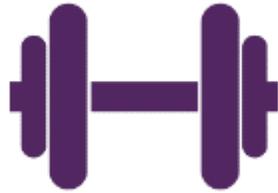


**HEALTHY@HARRIS**  
Caring for ourselves so we can care for others

# Employee Wellness Program

**HARRISHEALTH SYSTEM**

# What is Wellness?



# Why choose Wellness?

Employees lead by example in promoting wellness at Harris Health.

Well-being improves your health and energy so you can enjoy time with friends and family, doing things you love!



# Vision, Mission & Goal

## Vision Statement:

To Empower a corporate culture of health that inspires individuals to live with high energy, good health and passion for life.

## Mission Statement:

To maximize business performance by helping employees and their families live healthier, more fulfilling lives and empowering them with knowledge, skills and opportunities to achieve their personal health and wellness goals.

## Goal:

To be recognized as an industry leader among community-owned health care systems in population health and productivity management.

# Our Team

## HARRIS HEALTH SYSTEM

**Michele Hunnicutt, MSHP, CHES, CWWPC**

Director of Employee Wellness & EAP

**Courtney Karam MPH, CHES**

Sr. Wellness Coordinator

**Haley Love, MPH, CHES**

Wellness Coordinator

**Ellen Ogedegbe, M.Ed., CHES, CWC**

Wellness Coordinator

## CIGNA HEALTHCARE

**Leah Garcia Campbell**

Sr. Client Engagement Manager

**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!**

# Our Strategy

- Keep healthy people healthy
  - Caring for ourselves so we can care for others
  - Help people live their best life
- Stop people from getting worse
  - Reduce risks and manage chronic conditions
- Improve organizational and individual health and well-being
  - Reduce medical trend
  - Attract and retain talent
  - Increase productivity and performance

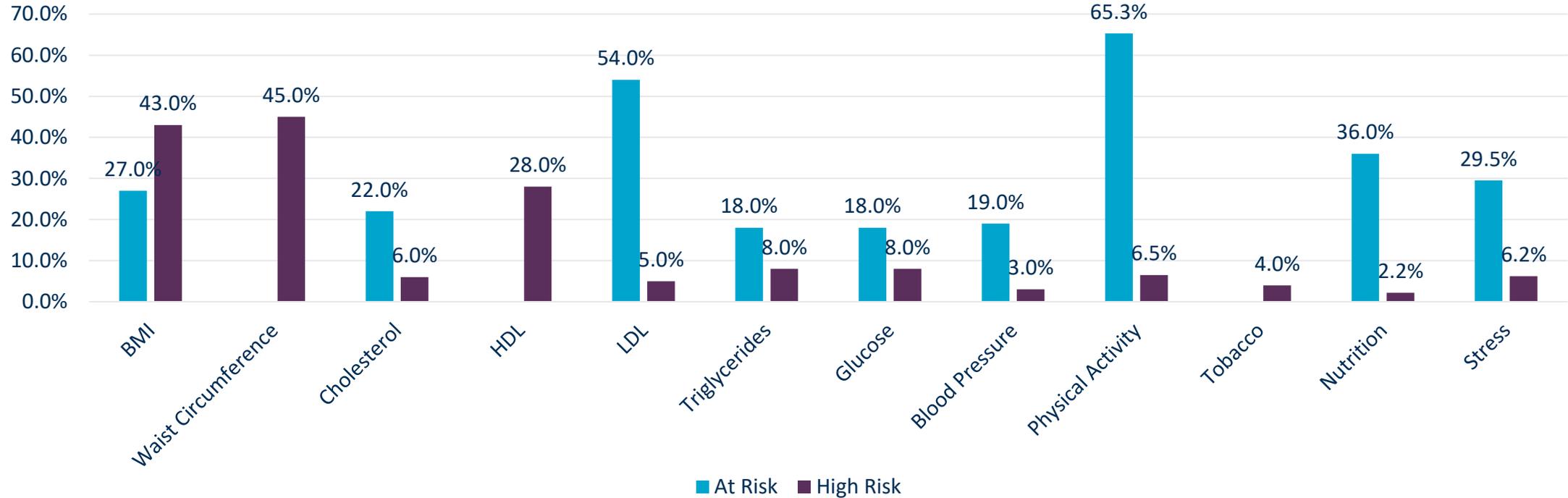
# Programs & Resources

- ❑ **Get Fit**
  - Group Fitness Classes
  - Recreational Sports & Events
  - Gym Discounts
  - Cigna online, telephonic and in-person wellness coaching
  - Wellness Challenges
  - Cigna Apps and Activities
  - Fitbit Device Subsidy
  - Fitbit Dashboard
  - Special Events: Texas MS 150, American Heart Walk, HESS Houston Corporate 5k, Field Day, Texas Med Center Run, Poker Walks, Get Your Rear in Gear, March For Babies and many more
- ❑ **Staying Healthy**
  - Wellness Challenges
  - Healthy Knowledge Seminars and Wellness Workshops
  - Healthy cooking classes
  - Online health assessments
  - Cigna online, telephonic and in-person wellness coaching
  - Newsletters and outreach
  - Special events
  - “Explore and Learn” booths
  - MyCigna.com
  - Well Powered Living Class Series
  - Livongo Diabetes Prevention Program
- ❑ **Eat Well**
  - Naturally Slim®
  - Choose Healthier
  - Healthy Cooking Classes
  - Cigna Nutrition coaching
  - Eat Better Online Coaching Program
- ❑ **Losing Weight**
  - Naturally Slim®
  - Healthy Wage Team Challenge
  - Cigna weight management coaching
  - “Maintain Don’t Gain” challenge
- ❑ **Quitting Tobacco**
  - Smoking Cessation Challenge
  - Cigna Tobacco Cessation Coaching (online & telephonic)
  - Great American Smokeout
- ❑ **Relieving Stress & Building Resiliency**
  - Cigna online, telephonic and in-person wellness coaching
  - EAP
  - Healthy Knowledge Seminars and Workshops
  - Relaxathon
- ❑ **Managing Health Conditions**
  - Cigna online, telephonic and in-person chronic condition coaching
    - Diabetes, Asthma, COPD, Heart Disease, Heart Failure
  - Livongo Diabetes Management Program
  - Livongo Hypertension Management Program
  - Livongo Diabetes Prevention Program
  - Naturally Slim® (Pre-Diabetes and Metabolic Syndrome)
  - Special events
  - Nutrition Counseling for participants with Diabetes and/or Hypertension
  - HbA1c testing for Diabetics
  - Free Diabetes and Hypertension medications for participants in Livongo who meet monthly testing requirements
- ❑ **Growing Your Family**
  - Harris Health “Becoming a Mom” class
  - Cigna “Healthy Pregnancy, Healthy Baby”
  - Onsite Lactation Rooms
- ❑ **Rewards**
  - Premium Rewards Program
  - Amazon eGiftcards for status level achievement
  - Harris Health Rewards for Wellness Champions

# A Glance at Harris Health System: A Health Perspective

# Biometric & Lifestyle Risks

Biometric & Lifestyle Risks - At Risk & High Risk



	BMI	Waist Circumference	Cholesterol	HDL	LDL	Triglycerides	Glucose	Blood Pressure	Physical Activity	Tobacco	Nutrition	Stress
At Risk	25-29	≥ 35 inches	200-239 mg/dL	< 50 mg/dL	≥ 100 mg/dL	≥ 150 mg/dL	100-125 mg/dL	≥ 120/80	1-4 times/week	Current Tobacco user	1-2 servings of fruit, vegetables & high fiber foods/day	Sometimes stressed
High Risk	≥ 30	≥ 40 inches	≥ 240 mg/dL	< 40 mg/dL	≥ 160 mg/dL	≥ 200 mg/dL	≥ 126 mg/dL	≥ 140/90	None		Rarely or never eats fruit, vegetables & high fiber foods/day	High stress

# Chronic Conditions: Active Population — Employees & Spouses

	Prevalence:	Decrease From Prior Program Year:
• Hypertension:	17.1%	↓ 1.84%
• Diabetes:	10.5%	↓ 2.43%
• Hyperlipidemia:	11.4%	↓ .63%
• Metabolic Syndrome:	4.3%	↓ 1.1%
• Pre-Diabetes:	8%	↓ 6.2%

# Wellness Program Summary: Engagement

**86.5%**

Of employees  
completed a Health  
Assessment

**92.7%**

Of employees  
completed an  
Annual Physical

**95.9%**

of all employees regardless of  
medical plan status plus spouses on  
the medical plan were engaged in  
the wellness program.

**81.8%**

Of Employees &  
Spouses Earned FY21  
Premium Rewards  
(79.2% earned full reward;  
2.6% earned partial reward.)

**40.9**

Average number of  
Wellness Activities  
completed per  
person

**440,224**

UOS/touches from  
9/1/18 –  
8/31/19  
**254.6% increase from FY20 to FY21  
Program Year.**

# Wellness Program Summary: Culture

**87%**

of employees believe there is a culture of health & wellness within Harris Health System

**90%**

of employees believe that Harris Health System cares about their health and well-being

**89%**

of the employee population rated the wellness programs as good or excellent

**77%**

of employees report that their managers support their participation in the wellness program

**78%**

of employees report that the managers in their department care about the health and well-being of employees

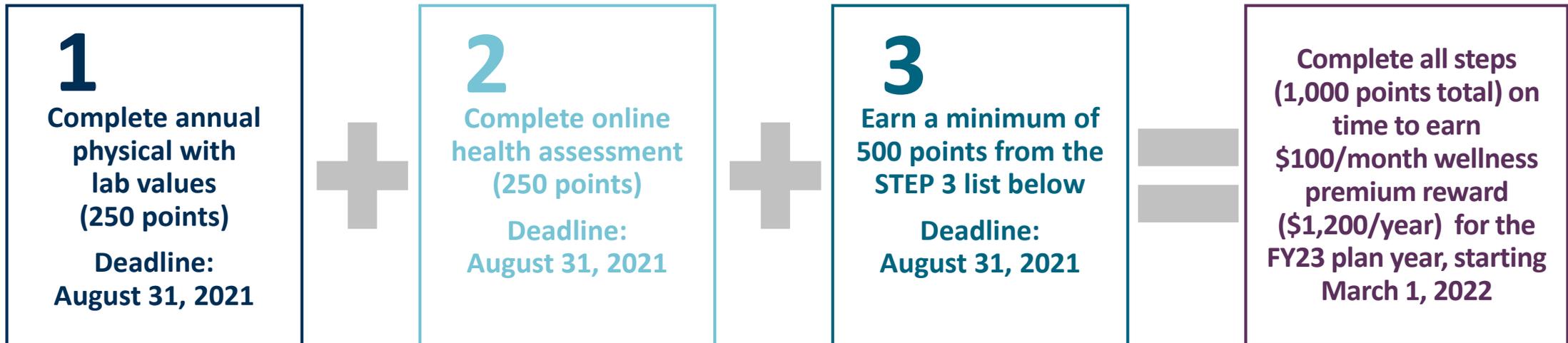
# Wellness Program Summary: Clinical

<p><b>79.2%</b></p> <p>Preventive care utilization, a <b>7.2%</b> over the prior program year</p>	<p><b>\$3.7 million</b></p> <p>Difference in the costs of Livongo Diabetes participants versus non-participants</p>	<p><b>2.3x</b></p> <p>ROI for Livongo Diabetes Management Program participants</p> <p>clinical improvements &amp; high participant satisfaction</p>
<p><b>\$9.2 million</b></p> <p>Difference in the costs of Livongo Hypertension participants versus non-participants</p>	<p><b>3.3x</b></p> <p>ROI for Livongo Hypertension Program participants</p> <p>clinical improvements &amp; high participant satisfaction</p>	<p><b>31.5%</b></p> <p>of Naturally Slim participants lowered their diabetes risk &amp; 27% of participants lost greater than 5% of their body weight</p>

# Premium Rewards Program

# FY23 Premium Reward Program

## 9/1/2020 – 8/31/2021



**DON'T FORGET!**

- **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 full premium rewards.
- If you go above and beyond the 1,000-point requirement, you may be eligible for extra rewards!

# FY23 Premium Rewards – Program Year and Paycheck Dates Affected

Complete the FULL FY23 Premium Rewards Program by August 31, 2021 to keep your discounted medical insurance premium. If you DO NOT complete the program by the deadline, your premium will increase by approximately \$50 PER PAYCHECK starting March 1, 2022 through February 2023.

**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 (about \$25/paycheck). Premium rewards are effective March 1, 2022.

Timeframe for FY23 Premium Rewards Program Completion				FY23 Premium Rewards Completion Paycheck Dates Affected			
2020		2021		2022		2023	
January	July	January	July	January	July	January	July
Feb	August	Feb	August	Feb	August	Feb	August
March	September	March	September	March	September	March	September
April	October	April	October	April	October	April	October
May	November	May	November	May	November	May	November
June	December	June	December	June	December	June	December

## Step 1 – Complete an Annual Physical with Lab Values

STEP 1– Complete an annual physical with lab values – Must Complete	Points
Complete an Annual Physical with Biometric Values	250 Premium Points
Submit a Completed Wellness Screening Form to Cigna (Optional)	50 Premium Points
Your verified biometric values can help you achieve additional Premium Points (shown in Step 3) by using a Cigna preferred lab (LabCorp, Quest, Kelsey Facility and more) or by submitting a Wellness Screening Form with biometric values, available on myCigna.com.	

# Step 1– Complete an Annual Physical with Lab Values

## Healthy@Harris Premium Rewards Program

PROGRAM PERIOD: Current

If you think you might be unable to meet a standard for a reward under this wellness program, or if you have a disability that prevents you from doing so, you might qualify for an opportunity to earn the same reward by different means. For more info, contact us at 800-244-6224.

[OVERVIEW](#) [GOALS](#)

### Earn a minimum of 1,000 Premium Points to achieve Premium Rewards

Both employees and covered spouses must complete the following Step 1 goals in order to earn \$100 per month in premium rewards:

1. Complete an annual physical with lab values and the online Health Assessment (500 points) and
2. Earn an additional 500 premium points through participation in Healthy@Harris programs and activities.

The Healthy@Harris Premium Rewards Program is designed using specific goals that reward you for healthy actions you take. It is available to all employees and spouses enrolled in the Harris Health Medical Plan. Once you earn your premium rewards, you have the ability to earn additional Amazon eGift cards for being actively engaged in your health and well-being.

**My Maximum**  
 MotivateMe Core Goals  
**21,930**  
 Premium Points  
[View all goals](#)

**My Awards Earned**  
 MotivateMe Core Goals  
**0**  
 Premium Points  
 0 21,930  
 No goals yet completed. [Start now](#)

**NEED HELP**

- [Visit the Support Center](#)
- For help finding something on the site please call 1-800-853-2713
- For help with plan and coverage information please call 1-800-244-6224

[VIEW MORE](#)

**RELATED LINKS**

- [Submit Completed Form\(s\) Electronically](#)
- [Wellness Screening Form](#)**
- [Outcome-Based Physician Recommended Alternative/Waiver Form](#)

[VIEW MORE](#)

**Annual Physical Exam/Wellness Screening** Instructions for patients and health care professionals

**Marking instructions:**  
 Shade like this:   
 Not like this:

**Forms may be sent by:**  
**MAIL:** Cigna Customer Service, PO Box 5261, 5201 Souton, PA 15005  
**FAX:** 1.877.916.5406  
 Enter on the fee cover sheet: "CONFIDENTIAL"  
**ONLINE:** Electronically upload your form at myCigna.com

**PATIENT INFORMATION**  
 Relationship:  Subscriber  Spouse/Domestic Partner Gender:  Male  Female  
 Patient's First Name:  MI:  Patient's Last Name:   
 Street Address, Apt Number, PO Box:   
 City:  State:  Zip:   
 Patient Date of Birth:  Preferred Telephone Number:  Is this a home or cell number?   
 Social Security (SSN) Last 4 numbers:  Patient's Cigna ID Number on ID card:  Cigna Group Account Number on ID card:   
 Customer Signature (required). My signature means that the information on this form is correct. Today's Date:

**WELLNESS SCREENING INFORMATION**  
 Wellness Screening Date:   
 BMI:  Height/weight (required):  Waist circumference:  Blood pressure:   
 Fasting blood sugar:  Total cholesterol:  LDL cholesterol:  HDL cholesterol:   
 Triglycerides:

**PHYSICIAN AND FACILITY INFORMATION AND CERTIFICATION OF PHYSICAL**  
 Health Care Professional/Doctor First Name:  MI:  Health Care Professional/Doctor Last Name:   
 City:  State:  Zip:   
 National Provider ID:   
 Certification of Results:  I certify that I personally conducted this member's annual physical and/or wellness screening. Date of physical:   
 Signature of Health Care Professional/Doctor (required):  Today's Date:



Take your Wellness Screening form to your doctor's appointment to expedite credit. You'll also earn 50 Premium Points for turning the form into Cigna!

## Step 2 – Complete the Online Health Assessment (250 Premium Points)

The screenshot shows the Cigna online health assessment dashboard. At the top, there is a blue header with the Cigna logo and a dropdown arrow. Below the header, a welcome message reads "Welcome back, [redacted]". The dashboard is divided into three main sections:

- WELLNESS SCORE:** Displays a score of 98. Text includes "Your last Wellness Score completed 03-14-2019". Buttons for "LAST 5 REPORTS" and "CURRENT REPORT" are at the bottom.
- PROGRESS:** Includes the text "You can retake your assessment at any time and track your progress." and a "RETAKE MY ASSESSMENT" button. The graphic shows a path with icons for "Personal Section" and "Health Screening".
- PERSONAL INFORMATION:** Lists assessment results: "Total Cholesterol --", "HDL Cholesterol Good/Normal", "Blood Pressure", "Weight", "Waist", and "Height". A "Feedback" button is on the right side.

[www.mycigna.com](http://www.mycigna.com)

## Verify on MyCigna BEFORE the deadline



**250**  
POINTS

### Complete the Health Assessment-Must Complete

Available: 9/1/2020 – 8/31/2021

Complete the Cigna online Health Assessment once you receive your biometric values and earn 250 Premium Points. The Health Assessment must be completed between September 1, 2018 and August 31, 2019 to be eligible for premium rewards as well as gift cards. The Health Assessment is a confidential questionnaire that asks you about your health and well-being and provides a personalized assessment of your current health.

[Complete my health assessment](#)



**250**  
POINTS

### Complete an Annual Physical Exam with Biometric Values-Must Complete

Available: 9/1/2020 – 8/31/2021

Complete an Annual Physical with lab values at your Primary Care Physician and earn 250 Premium Points. Your Annual Physical must be completed between September 1, 2018 and August 31, 2019 to be eligible for premium rewards as well as gift cards. A preventive exam is important to reinforce good health and to address potential and chronic problems.

You will be credited when your preventive claim is processed or when you [submit your completed wellness screening form](#) to Cigna.



## Step 3 – Earn additional 500 points

Complete any combination from the following list categories for 500 total additional points

**Category 1: Earn Premium Points by having healthy biometric values**

**Achieve Health Goals (complete 9/1/20 – 8/31/21)**

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 $\leq$ 100	100 Premium Points - if Biometric is in Range
Achieve a healthy total cholesterol level of $\leq$ 200	100 Premium Points - if Biometric is in Range
To earn points for the above biometric values you may have labs done at an in-network lab such as LabCorp, Quest, Kelsey-Seybold 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.	

**Category 2: Complete preventive goals**

<b>Preventive Goals (complete 9/1/20 – 8/31/21)</b>	
Complete an Annual OB/GYN Exam (Females > 19) *	100 Premium Points
Complete a Cervical Cancer Screening (Females > 19) *	100 Premium Points
Complete a Mammogram (Recommended at ≥ Age 40)*	100 Premium Points
Complete a Colonoscopy (Recommended at Age 50 to Age 75)*	100 Premium Points
Complete a Prostate Screening (Males >19)*	100 Premium Points
Complete a Dental Exam (self-reported goal)	100 Premium Points
Complete a Vision Exam	100 Premium Points
* Check with your doctor to see if you need the screenings and how often.	

**Categories 3 and 4:** Cigna health coaching (by phone or online)

<b>Cigna Health Coaching by Phone (complete 9/1/20 – 8/31/21)</b>	
Make progress towards 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
<b>Cigna Online Health Coaching (complete 9/1/20 – 8/31/21)</b>	
Condition Management (Diabetes, Asthma, COPD, Heart Disease, Heart Failure)	100 Premium Points (per program)

# Cigna Onsite Health Coach



**Latecia Murphy**

- One-on-one health coaching (nutrition, physical activity, high blood pressure, high cholesterol, stress management)
- Wellness education seminars and stop-by booths
- Health screenings and campaigns
- Referrals and support
- **Located in the Human Resources office at Ben Taub Hospital.**

## Category 5: Healthy living programs

Healthy Living Programs (complete 9/1/20 – 8/31/21)	
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)
Livongo Diabetes Prevention Program Lesson Completion (Year-long program; 50 points awarded per each lesson completed)	50 Premium Points (per lesson/per day)
Livongo Diabetes Prevention Program- Monthly Monitoring (Must weigh-in 4 times per month)	50 Premium Points (per month)
Naturally Slim® Weight Management Session Completion (Year-long program; 50 points awarded per each session completed)	50 Premium Points (per session/per day)
Harris Health “Becoming a Mom” Program Class Completion (LBJ Hospital) (50 points awarded per class)	50 Premium Points (per class/per day)
Complete an HbA1c Screening with the Cigna Onsite Health Coach (50 points each; offered quarterly)	50 Premium Points (per onsite HbA1c screening)
Cigna Healthy Pregnancy, Healthy Baby Program Required to join in 1 <sup>st</sup> or 2 <sup>nd</sup> trimester, points awarded upon delivery Note: if delivery occurs after 8/31 points will apply toward the following year	400 Premium Points (1 <sup>st</sup> trimester enrolled) 200 Premium Points (2 <sup>nd</sup> trimester enrolled)

**Category 6: Social Health and Wellness**

<b>Social Health and Wellness (complete 9/1/20 – 8/31/21)</b>	
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

**Category 7: Employee Wellness**

<b>Employee Wellness Programs, Events &amp; Activities (complete 9/1/20 – 8/31/21)</b>	
Complete an Employee Wellness Class* (50 points awarded per class)	50 Premium Points (per class/per day)
Complete an online wellness challenge	50 Premium Points (per challenge)
Complete a Healthy Knowledge Seminar	50 Premium Points (per seminar/per day)
Complete an Employee Wellness Workshop	50 Premium Points (per workshop/per day)
Attend a Healthy@Harris Special Event (will be announced)	100 Premium Points (per event)
Participate in an Explore & Learn Booth or Laser coaching session	5 Premium Points (per booth or laser coaching session/per day )
Participate in a Group Exercise Class**	20 Premium Points (per class/per day)
Participate in a Recreational Sports Program**	20 Premium Points (per game/per day)
Achieve $\geq$ 10,000 FitBit steps a day	20 Premium Points
Complete the annual Employee Wellness Survey	50 Premium Points
* You can only receive credit for one Employee Wellness class per day. Maximum of 4,000 points/year.	
**Please note you can only receive credit for one exercise class or recreational sports game per day. Maximum of 5,200 points/year.	

# Managing Chronic Conditions

- **Livongo Diabetes\* & Hypertension\*\* Management Programs**
  - 200 premium reward points for enrolling & activating (once per lifetime)
  - 50 premium reward points for testing 4 times per month
  - **Register: [go.livongo.com/harrishealth](https://go.livongo.com/harrishealth)** or call 800-945-4355 and use code: HARRISHEALTH.
- **Free Quarterly HbA1c Checks**
  - All employees and spouses enrolled in Livongo for Diabetes can receive free quarterly HgA1c checks
  - For more information: email [Latecia.Murphy@cigna.com](mailto:Latecia.Murphy@cigna.com)

\*Participants 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, brand medications that have no generic equivalent and insulin and supplies) free effective the 15<sup>th</sup> of every month.

\*Participants in the Livongo Hypertension Management Program who check their blood pressure 4 times per month will be eligible to receive free Hypertension medications (generic medications and brand medications that have no generic equivalent) free effective the 15<sup>th</sup> of every month.



# Lifestyle Programs

- **Livongo Diabetes Prevention Program (DPP)**
  - Year-long program to lose weight and establish healthy lifestyle habits
  - Includes smart scale, coaching, personal meals plans and much more
  - No cost to Active employees and covered spouses and retirees under the age of 65 who are enrolled in the Harris Health Medical Plan and qualify for the program.
  - **Register:** [go.livongo.com/harrishealth](https://go.livongo.com/harrishealth) or call 800-945-4355 and use code: HARRISHEALTH.
- **Naturally Slim™**
  - Losing weight, reducing sugar intake, and being physically active are the keys to improving blood glucose levels.
  - Year-long program
  - Naturally Slim participation is based on health criteria. To ensure accuracy of eligibility, we strongly encourage you to have a Wellness Screening Form on file with Cigna - download at [www.mycigna.com](https://www.mycigna.com).
  - If you are not qualified for this program, you may be qualified for the [Livongo Diabetes Prevention Program](#)

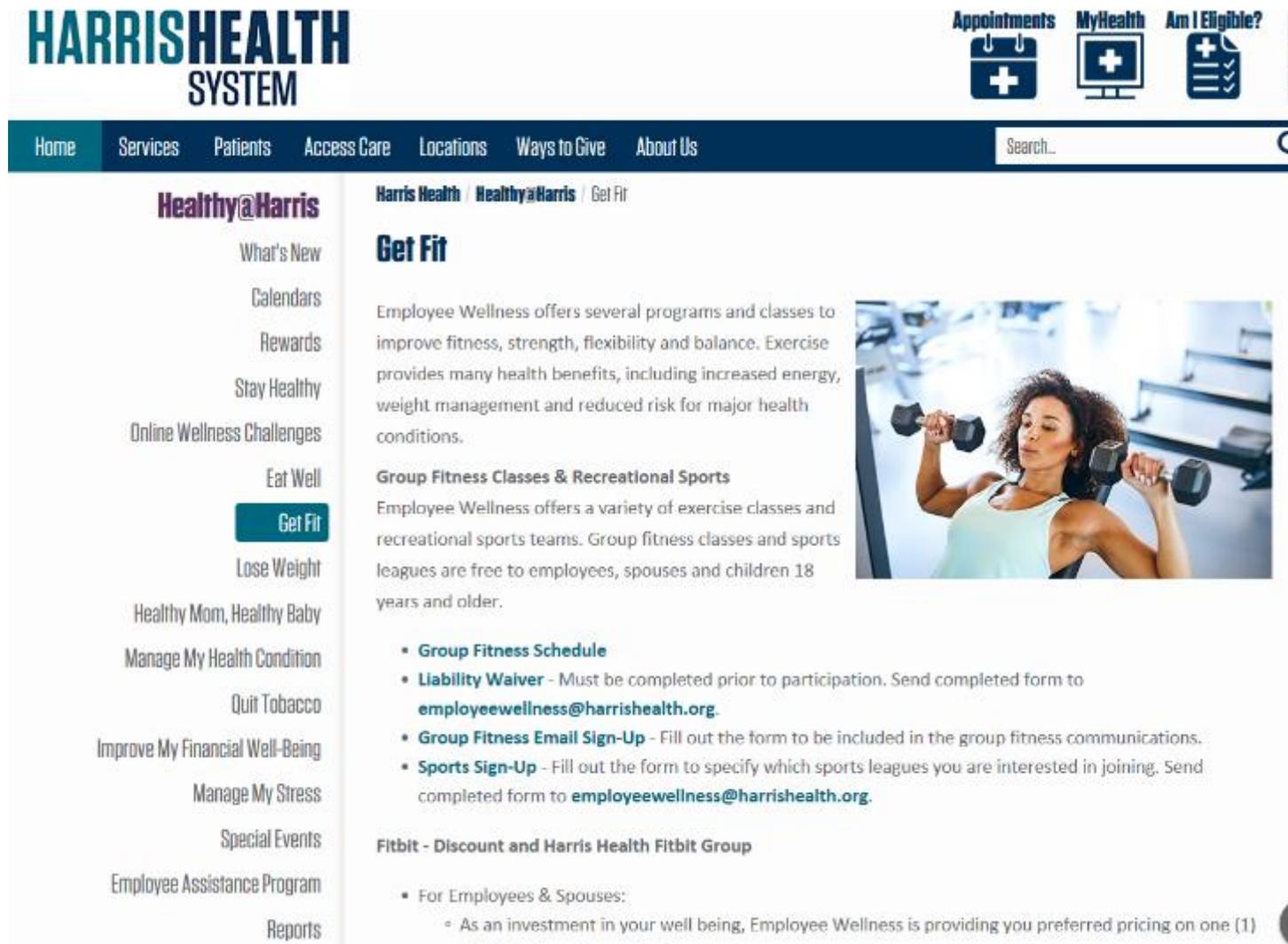


# Growing Your Family

- Harris Health “Becoming a Mom” class at LBJ
- Cigna “Healthy Pregnancy, Healthy Baby” program
- Mother-Friendly Worksite
  - Lactation Rooms available at the following sites:
    - 4800 Fournace
    - Ben Taub
    - LBJ
    - Community Health Choice

# Getting Fit

- Fitbit Discount & Subsidy
- Group Fitness Classes
- Sports
- Gym Discounts
- Cigna Apps & Activities



**HARRISHEALTH SYSTEM**

Appointments MyHealth Am I Eligible?

Home Services Patients Access Care Locations Ways to Give About Us Search...

**Healthy@Harris**

What's New  
Calendars  
Rewards  
Stay Healthy  
Online Wellness Challenges  
Eat Well  
**Get Fit**  
Lose Weight  
Healthy Mom, Healthy Baby  
Manage My Health Condition  
Quit Tobacco  
Improve My Financial Well-Being  
Manage My Stress  
Special Events  
Employee Assistance Program  
Reports

Harris Health / Healthy@Harris / Get Fit

## Get Fit

Employee Wellness offers several programs and classes to improve fitness, strength, flexibility and balance. Exercise provides many health benefits, including increased energy, weight management and reduced risk for major health conditions.

**Group Fitness Classes & Recreational Sports**  
Employee Wellness offers a variety of exercise classes and recreational sports teams. Group fitness classes and sports leagues are free to employees, spouses and children 18 years and older.



- **Group Fitness Schedule**
- **Liability Waiver** - Must be completed prior to participation. Send completed form to [employeeewellness@harrishealth.org](mailto:employeeewellness@harrishealth.org).
- **Group Fitness Email Sign-Up** - Fill out the form to be included in the group fitness communications.
- **Sports Sign-Up** - Fill out the form to specify which sports leagues you are interested in joining. Send completed form to [employeeewellness@harrishealth.org](mailto:employeeewellness@harrishealth.org).

**Fitbit - Discount and Harris Health Fitbit Group**

- For Employees & Spouses:
  - As an investment in your well being, Employee Wellness is providing you preferred pricing on one (1)

# Apps & Activities



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

ID Cards Hi, ...

- Home
- Find Care & Costs
- Coverage
- Claims
- Spending Accounts
- Wellness**

## Welcome

Medical Coverage Status

**You and the plan share co**

When you visit a provider, you an

[View covered services and your share of cost](#)

Tools

[My Health Assessment](#)

**[Apps & Activities](#)**

[Personal Health Record](#)

[My Health Assistant - Online Coaching Program](#)

Rewards & Programs

[Healthy@Harris Premium Rewards Program](#)

[Healthy Rewards - Discount Programs](#)

Resources

[Health Encyclopedia](#)

[Health Topics & Resources](#)

[My Health Dashboard](#)

[Health Information Line](#)

[WebMD Health Manager](#)

[View my incentives](#)



# Health Management Portal - MyCigna

[www.mycigna.com](http://www.mycigna.com)

The screenshot displays the MyCigna Health Management Portal interface. At the top left, the Cigna logo is accompanied by the tagline "HEALTHY@HARRIS Caring for ourselves so we can care for others". To the right, there are links for "ID Cards" and a user greeting "Hi,". A navigation menu includes "Home", "Find Care & Costs", "Coverage", "Claims", "Spending Accounts", and "Wellness". An "Undo" button is located in the top right corner of the main content area.

The main content area is titled "Welcome" and features two primary informational cards:

- Medical Coverage Status:** A section titled "You and the plan share costs" explaining that users and the plan share costs for in-network services. A link "View covered services and your share of cost" is provided at the bottom.
- Incentives:** A section showing "Points earned: 1350 out of 21,930 Points" and a link "View my incentives".

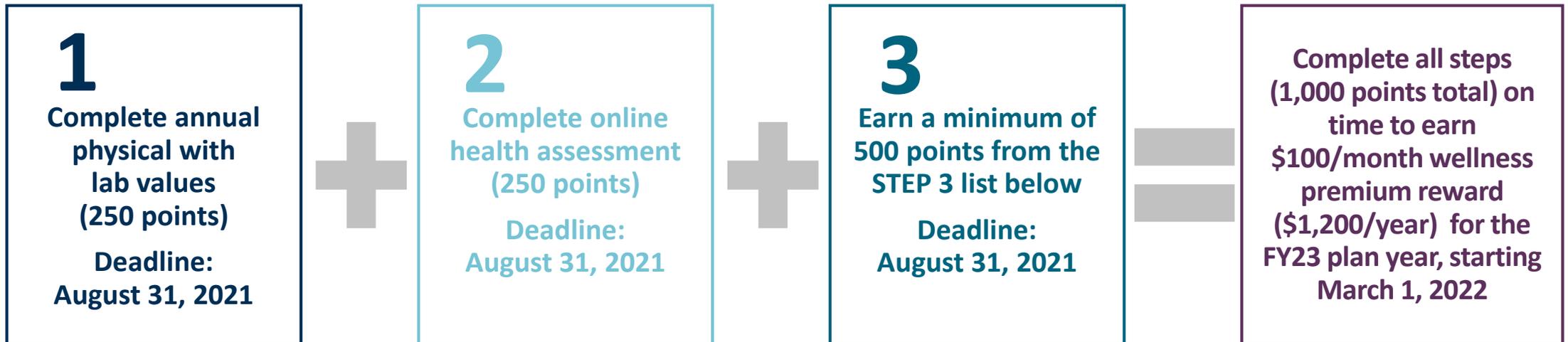
On the right side of the page, there is a vertical "Feedback" button.

The lower section of the page is divided into two columns:

- Latest Updates:** A tabbed interface with "All (3)", "Claims", and "Messages (3)" tabs. It lists two updates: "Get Fit For just \$25 A Month" with a "See details" link, and "Cigna Telehealth Connection. Convenient access to care through phone or video."
- My Health:** A section featuring a "My Wellness Score" of 93/100, last taken on Jun 8, 2018. A "Take your health assessment" link is located below the score.

# Reminder: FY23 Premium Reward Program

## 9/1/2020 – 8/31/2021



**DON'T FORGET!**

- **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 full premium rewards.
- If you go above and beyond the 1,000-point requirement, you may be eligible for extra rewards!

# Keep Earning Incentives

## BRONZE

- Complete Annual physical, Health Assessment and earn 1,000 points
- Earn applicable premium reward discount

## GOLD

- Complete Bronze level and earn a total of **3,000** premium points
- Earn Bronze level reward plus a **\$50 Amazon eGift Card** net of taxes\*

## PLATINUM

- Complete Bronze level and earn a total of **4,000** premium points
- Earns Bronze, Gold level reward plus a **\$100 Amazon eGift Card** net of taxes\* and special recognition

Amazon eGift Cards will only be rewarded on a monthly basis and distributed by our vendor partner (SVM Cards) to your Harris Health email address. The e-mail will be sent from **do-not-reply@wgiftcard.com**.

\*Applicable federal, state, and local tax withholding will occur. A minimum tax rate of 32.65% is to be anticipated and may be adjusted accordingly as the law demands.

# 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

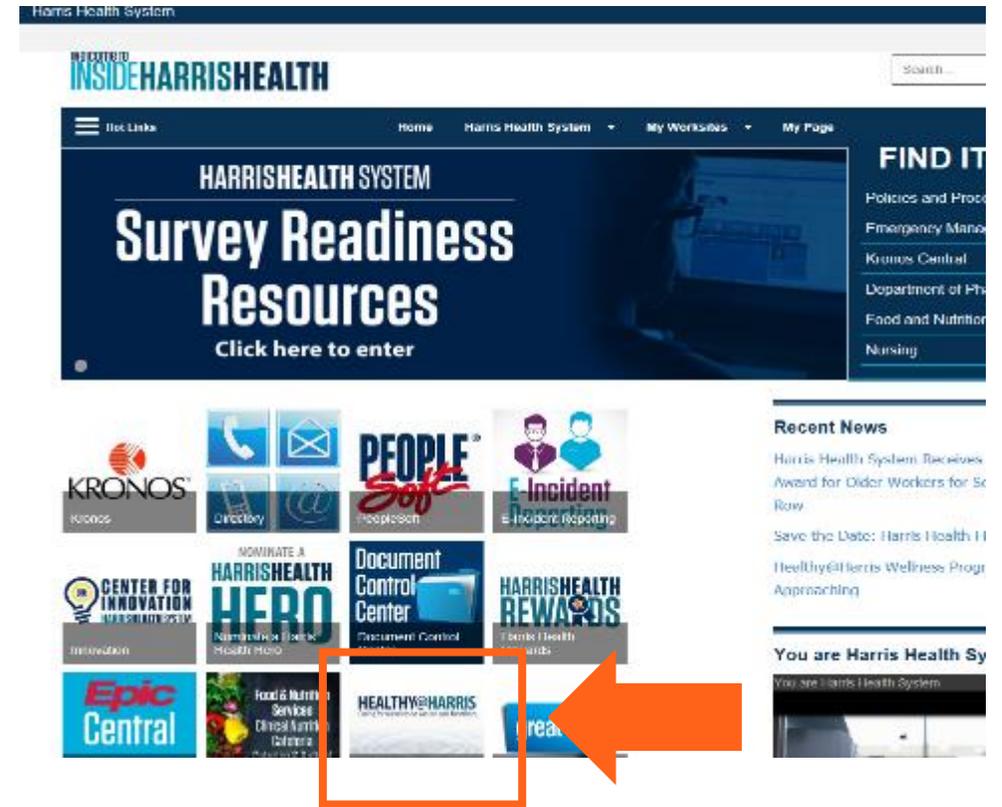
Website:

[www.feieap.com](http://www.feieap.com)



# The Employee Wellness Website

[www.harrishealth.org/employee-wellness](http://www.harrishealth.org/employee-wellness)



Accessible from any internet-connected device

# The Employee Wellness Website

**HARRISHEALTH SYSTEM**

Appointments MyHealth Am I Eligible? AA English

Home About Us Access Care Locations Patients Services Donate Public Notices Search..

**Healthy@Harris**

- What's New
- Calendars
- Premium Rewards
- Stay Healthy
- Online Wellness Challenges
- Eat Well
- Get Fit
- Lose Weight
- Healthy Mom, Healthy Baby
- Manage My Health Condition
- Quit Tobacco
- Improve My Financial Well-Being
- Manage My Stress
- Special Events
- Employee Assistance Program
- Reports

**Harris Health / Healthy@Harris**

## Employee Wellness

The Employee Wellness Program, Healthy@Harris, aims to promote a healthy work environment and healthy lifestyles through health education, health risk screenings, and risk factor reduction projects and services. Our programs are overseen by health professionals with expertise and training in health risk management, adult education and behavior change.

**Vision:**  
To empower a corporate culture of health that inspires individuals to live with high energy, good health and passion for life.

**Mission:**  
To maximize business performance by helping employees and their families live healthier, more fulfilling lives and empowering them with knowledge, skills, and opportunities to achieve their personal health and wellness goals.

**Quick Links:**

- [Employee Wellness Event Calendar](#)
- [COVID-19 Hardship Resources for Employees](#)
- [Healthy@Harris Happenings Monthly Newsletter](#)

## Contact Us

Employee Wellness:  
Phone: 346-426-1597  
[employeewellness@harrishealth.org](mailto:employeewellness@harrishealth.org)

Cigna Onsite Benefit Advocate:  
Crystal Cunningham  
Phone: 346-426-1812  
Mobile: 346-302-4248  
[HarrisHealth@cigna.com](mailto:HarrisHealth@cigna.com)

Cigna Onsite RN Health Coach:  
Latecia Murphy  
Phone: 713-873-6407  
Mobile: 281-723-5225  
[Latecia.Murphy@cigna.com](mailto:Latecia.Murphy@cigna.com)  
[Latecia.Murphy@harrishealth.org](mailto:Latecia.Murphy@harrishealth.org)

Stay Connected:  
[Sign up for our newsletters](#)

# Communications

- Weekly Beat Brief emails
- This Week in Wellness
- Monthly Emails – Healthy@Harris Happenings
- Employee Wellness Website
- Quarterly Scorecard- Need Tableau Reader
- Program Year-End Report



# Contact Us!

# HEALTHY@HARRIS

Caring for ourselves so we can care for others

346-426-1597

[employeehealth@harrishealth.org](mailto:employeehealth@harrishealth.org)

[Visit our website!](http://employeehealth.harrishealth.org)



#1 in Texas



#6 in America

