



2026 HEALTHY@HARRIS REWARDS PROGRAM: PARTICIPATE MARCH 1, 2026 THROUGH FEBRUARY 28, 2027; REWARDS EFFECTIVE OCTOBER 1, 2027

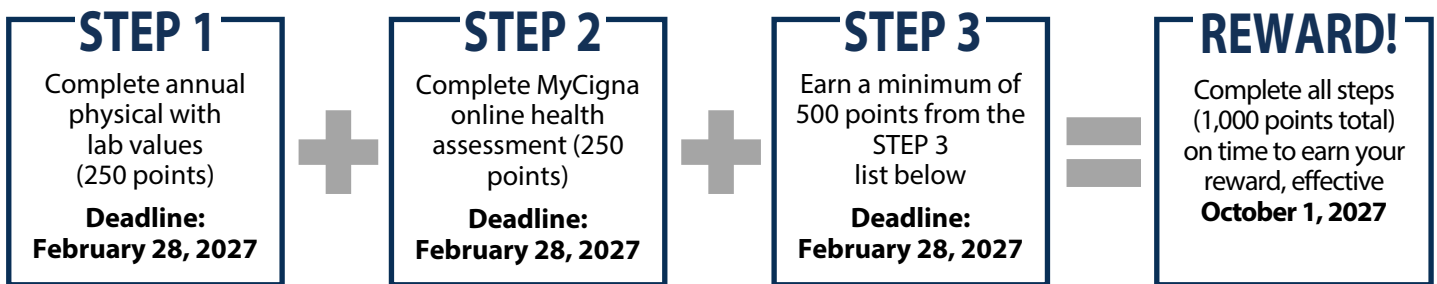
The Healthy@Harris Rewards Program is available for ALL active employees and spouses on the medical plan! The program year runs from March through February with rewards effective October 1.

- Medical plan participants will earn a \$100 per month discount on the cost of their medical premiums effective **October 1, 2027**. **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.
- If you're an active employee not enrolled in a Harris Health medical plan, you will earn a \$25 Amazon eGift Card!

For questions regarding your Cigna benefits, claims or myCigna.com, please contact our Cigna Customer Service Representative at harrishealth@cigna.com or by phone at 346-302-4248.

For questions regarding Healthy@Harris Employee Wellness programs or services, contact Employee Wellness at employeehealth@harrishealth.org or by phone at 346-426-1597. Check out the [Healthy@Harris Employee Wellness website](#) for more information.

The Step 3 list below has descriptions and contact information for all Healthy@Harris programs. You can find more information, plus helpful flyers and forms, on the [Healthy@Harris Employee Wellness website](#). From the intranet home page, click on the **Healthy@Harris** tile.



STEP 1– Complete Annual Physical with Lab Values (REQUIRED)			
ACTION	DESCRIPTION	POINTS	CONTACT INFORMATION
Complete an Annual Physical with Biometric Values (3/1/26–2/28/27)	Complete an Annual Physical with lab values with your Primary Care Physician. A preventive exam is important to reinforce good health and to address potential and chronic problems.	250 Points	myCigna.com
Complete and submit a Wellness Screening Form	Submit a Completed Wellness Screening Form to Cigna (Optional for medical plan participants and required for participants not enrolled in the Harris Health medical plan)	50 Points	myCigna.com or the Rewards section of the Healthy@Harris website
Your verified biometric values can help you achieve additional Points (shown in Step 3) by using a Cigna preferred lab (LabCorp, Quest, Kelsey-Seybold facility and more) or by submitting a Wellness Screening Form with biometric values, available on myCigna.com .			

STEP 2– Complete Online Health Assessment (REQUIRED)			
ACTION	DESCRIPTION	POINTS	CONTACT INFORMATION
Complete the MyCigna Health Assessment (3/1/26–2/28/27)	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.	250 Points	myCigna.com

STEP 3– Complete Any Combination for at Least 500 Additional Points

VERIFIED BIOMETRIC VALUES: Achieve your health goals 3/1/26–2/28/27

NOTE: For the goals listed below, self-reported biometric values in the Health Assessment will not earn Points. Alternative activities are available if you are unable to meet the biometric values below.

BIOMETRIC VALUE	DESCRIPTION	POINTS	CONTACT INFORMATION
Healthy waist size of 35 in. (female) or 40 in. (male), or less	Waist size, or waist circumference, can be an indicator of increased health risks for conditions such as Type 2 diabetes, high blood pressure, high cholesterol, and heart disease.	100 Points if biometric is in range	myCigna.com
Healthy blood pressure level of 120/80 or lower	Get a blood pressure test. Aim for systolic (pressure when heart beats) of 120 or less AND diastolic (pressure when heart is resting) of 80 or less. Please note your doctor may have customized recommendations for your blood pressure based on your health status and health risk.	100 Points if biometric is in range	myCigna.com
To earn points for the above biometric values, you must submit the Wellness Screening Form on myCigna.com .			
Fasting blood glucose (blood sugar) level of less than 100	High blood glucose (sugar) can lead to diabetes and other health problems. Ideal levels are below 100.	100 Points if biometric is in range	myCigna.com
Healthy cholesterol ratio of less than 4.4 female/5.0 male	High cholesterol increases your risk for heart disease. Your cholesterol ratio is determined by your total cholesterol value divided by your HDL cholesterol value. Please note your doctor may have customized recommendations for your cholesterol levels and ratio of total based on your health status and health risk.	100 Points if biometric is in range	myCigna.com
To earn points for the above biometric values, you may have labs done at an in-network lab such as LabCorp, Quest, or Kelsey-Seybold, or submit the Wellness Screening Form on myCigna.com .			

★ = Activities available for medical plan participants only

STEP 3– Complete Any Combination for at Least 500 Additional Points

PREVENTIVE GOALS: Complete 3/1/26–2/28/27

NOTE: Check with your doctor to see which medical screenings you need and when.

PREVENTIVE CARE	DESCRIPTION	POINTS	CONTACT INFORMATION
★ Annual Well Woman Exam (Females over age 18)	A preventive exam (typically performed by an OB/GYN) that can identify early ovarian and cervical cancers, HPV (human papillomavirus), breast cancer, and more. Please follow the advice of your physician. Yearly testing is not recommended for everyone.	100 Points	myCigna.com
★ Cervical Cancer Screening (Females over age 18)	Pap and HPV tests can detect changes that lead to cervical cancer.	100 Points	myCigna.com
★ Mammogram (Recommended at ≥ age 40)	Up to 90% of breast cancers are found using mammogram tests. If recommended based on your age and risk, get your Mammogram and follow the advice of your physician.	100 Points	myCigna.com
★ Colon Cancer Screening (Recommended at age 45 to 75)	Colon cancer is treatable when detected early. This preventive screening is recommended at age 45 to Age 75.	100 Points	myCigna.com
★ Prostate Screening (Males over age 18)	If recommended, get a prostate cancer screening which can detect changes that lead to prostate cancer. Please follow the advice of your physician.	100 Points	myCigna.com
Dental Exam (self-reported goal)	Good oral health is an important part of good overall health. Regular dental visits are essential for the maintenance of healthy teeth and gums as well as prevention of chronic conditions such as diabetes and heart disease. Dental exams are self-reported in MyCigna.	100 Points	myCigna.com
Vision Exam	Healthy vision is an important part of your health and safety. To keep your eyes healthy, get a comprehensive eye exam to check for common vision problems and eye diseases.	100 Points	e-nva.com

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STEP 3– Complete Any Combination for at Least 500 Additional Points			
ADDITIONAL PROGRAMS AND STEP 3 OPTIONS			
PROGRAM	DESCRIPTION	POINTS	CONTACT INFORMATION
Choose Healthier	Look for the Choose Healthier logo to help you find healthier choices in the Harris Health cafeterias and vending machines. You can also use your Harris Health Reward Points to purchase Choose Healthier vouchers from the Harris Health Rewards Program Redemption site.	N/A	harrishealthrecognition.com
Cigna Active and Fit Direct	Get a discounted membership at participating fitness centers.	N/A	myCigna.com
★ Cigna Behavioral Health	Dedicated support for behavioral health conditions such as Autism, Bipolar disorder, mood and anxiety disorder, eating disorders, substance use, and depression. Counselors are available to help you take control of your health, mind and body.	N/A	800-244-6224 myCigna.com
★ Cigna Nutritional Counseling	Cigna covers routine nutritional counseling at 100 percent with no deductible or copay. Eligible plan participants can receive up to a maximum of three visits per calendar year. Call to confirm if you are eligible to participate in nutritional counseling.	N/A	800-244-6224 myCigna.com
Cigna Onsite Behavioral Health Coach	The Cigna onsite health coach helps you take strategic steps to improve your mental, behavioral, and emotional well-being through personalized face-to-face coaching.	200 Points	Chinwe Igwe 346-436-1855 HarrisHealthBehavioralCoach@evernorth.com
★ Cigna Healthy Baby, Healthy Pregnancy Program	Telephonic health coaching program on healthy pregnancy. This program is open to employees and covered spouses. Participants are required to join in their first trimester (400 Points) or second trimester (200 Points).	400 Points or 200 Points	800-244-6224 myCigna.com
Cigna Healthy Rewards	Get discounts on health programs and services such as weight management, nutrition, fitness, mind-body, vision, hearing, alternative medicine, wellness and healthy products.	N/A	myCigna.com
★ Cigna Chronic Condition Health Coaching	Participants receive health coaching over the phone regarding chronic health conditions.	200 Points	855-246-1873 myCigna.com
Cigna Lifestyle Health Coaching	Participants receive health coaching over the phone regarding lifestyle habits (tobacco, weight, stress).	200 Points per program	855-246-1873 myCigna.com
★ Cigna Online Health Coaching	Participants participate in online coaching for health condition management (diabetes, asthma, COPD, heart disease, and heart failure) or healthy lifestyle habits (tobacco, weight, stress).	100 Points per program	myCigna.com
Employee Assistance Program (EAP)	The EAP offers free counseling sessions, work-life services, financial and legal services as well as the My Assistance Program website with resources.	N/A	800-638-3327 myassistanceprogram.com/fei Username: hhsEAP
Cigna Onsite Health Coach	The Cigna onsite health coach, located at Ben Taub Hospital, helps you take strategic steps to improve your health, quality of life and manage chronic conditions through personalized face-to-face coaching.	200 Points	Latecia Murphy, M Ed, RN, BSN, CHES HR Suite, Ben Taub Hospital Office: 713-873-6407 Work cell: 281-723-5225 Latecia.Murphy@harrishealth.org Latecia.Murphy@evernorth.com
Employee Wellness Classes	Participants will gain the knowledge and skills to make healthy and sustainable lifestyle changes and improve overall well-being.	50 Points per class per day	346-426-1597 employeewellness@harrishealth.org
Healthy Cooking Classes	A variety of healthy cooking classes are provided throughout the year with the goal of teaching participants the importance of healthy eating, what it means and developing healthy cooking skills.		
Employee Wellness Workshops	Wellness Workshops cover various health and well-being topics including mindfulness, healthy boundaries, mental toughness and more. These are held onsite at Harris Health facilities, virtually or on demand through the Learning Hub.		
InBody Body Composition Scan	An Inbody body composition scan delivers precise measurements of muscle, fat, and water to provide actionable insights for health and fitness goals.	25 Points per session per day	346-426-1597 employeewellness@harrishealth.org

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STEP 3– Complete Any Combination for at Least 500 Additional Points
ADDITIONAL PROGRAMS AND STEP 3 OPTIONS

PROGRAM	DESCRIPTION	POINTS	CONTACT INFORMATION
Ergonomic and Posture Assessments	Get equipped with the knowledge, skills and confidence to work efficiently and comfortably. Ergonomic Evaluations and Posture Assessments can be conducted virtually (across the system and telecommute) or in-person at a Harris Health location.	25 Points per session per day	346-426-1597 employeeewellness@harrishealth.org
Laser Coaching Session	Participants will get assistance with lifestyle goals via a mini, laser-focused coaching session.		Leonardo Alegria, B.E.S.S. 346-426-1579 Leonardo.Alegria@harrishealth.org
Exercise Consultation	An exercise professional will assess current fitness level and provide guidance on improving fitness to achieve personal health and wellness goals.		800-343-0860 fidelity.com/atwork
Fidelity One-On-One Consultation or Ask Fidelity Session	Get financial guidance to prepare for retirement.		
Explore & Learn Activity	Educational interactions where participants explore and learn about important health and wellness topics.	5 Points per activity per day	346-426-1597 employeeewellness@harrishealth.org
Fitness Center	The LBJ Fitness Center is available for Harris Health Employees and Medical Staff Services partners at LBJ Hospital. The Fournace Fitness Center is available to all Harris Health Employees. To receive gym access, please submit the online liability waiver and fitness center rules acknowledgement. Please note that it could take up to one week for your information to be processed.	N/A	346-426-1597 employeeewellness@harrishealth.org
★ Free Diabetic and Hypertension Medications	Employees and spouses on the Harris Health medical plan who meet the Livongo diabetes and/or hypertension monthly testing requirements are eligible for free medications beginning on the 15th of the following month. Eligibility will be determined and adjusted on a monthly basis.	N/A	346-426-1597 employeeewellness@harrishealth.org
Group Fitness Classes	Employee Wellness offers a variety of exercise classes, including stretching, walking, Yoga, and more. These are free to employees, spouses and children (18+).	20 Points per class per day	346-426-1597 employeeewellness@harrishealth.org
Recreational Sports Teams	Employee Wellness offers sports teams for flag football, softball, soccer, volleyball, pickle ball and basketball. These are free to employees, spouses, and children (18+).		
★ HbA1c Testing	Free quarterly HbA1c testing (4 per year) for employees and spouses engaged in the Livongo Diabetes Management Program.	50 Points per onsite HbA1c screening	Latecia Murphy, M Ed, RN, BSN, CHES HR Suite, Ben Taub Hospital Office: 713-873-6407 Work cell: 281-723-5225 Latecia.Murphy@harrishealth.org Latecia.Murphy@evernorth.com
Healthy@Harris Special Events	Employee Wellness holds multiple special events throughout the year such as Field Day, Relaxathons, onsite screenings, runs, walks and much more.	100 Points per event	346-426-1597 employeeewellness@harrishealth.org
Health Assessment	Visit myCigna.com to complete the health assessment. The lifestyle questionnaire along with your biometric assessments will provide you with a comprehensive picture of your current health status along with recommendations for personal improvement.	250 Points per event	myCigna.com
Healthy Knowledge Seminars	Seminars and webinars cover various wellness topics, including healthy eating, exercise and stress management. These are held onsite at Harris Health facilities, via webinar or through the Learning Hub.	50 Points per seminar per day	346-426-1597 employeeewellness@harrishealth.org
★ Livongo Diabetes Management Program	Diabetes Management Program for eligible employees and spouses on the Harris Health medical plan. Participants receive a free connected meter, unlimited strips at no cost, and support from coaches when you need it. Must enroll and activate your meter.	200 Points	To register: go.livongo.com/HARRISHEALTH or call 800-945-4355 Registration Code: HARRISHEALTH
	Livongo Diabetes Management Program – Monthly Glucose Testing (Must test a minimum of four days per month)	50 Points per month	

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STEP 3– Complete Any Combination for at Least 500 Additional Points			
ADDITIONAL PROGRAMS AND STEP 3 OPTIONS			
PROGRAM	DESCRIPTION	POINTS	CONTACT INFORMATION
★ Livongo Prediabetes Program	The Prediabetes Program for eligible employees and spouses on the Harris Health medical plan. Participants receive a smart scale, tools and coaching support to help lose weight, keep it off, and develop long-term healthier habits to prevent diabetes. Complete each prediabetes lesson and earn points.	50 Points per lesson per day	To register: go.livongo.com/HARRISHEALTH or call 800-945-4355 Registration Code: HARRISHEALTH
	Livongo Prediabetes Program – Monthly Monitoring (Must weigh in four days per month)	50 Points per month	
★ Livongo Hypertension Management Program	Hypertension management program for eligible employees and spouses on the Harris Health medical plan. Participants receive a free blood pressure monitor and cuff and support from coaches when you need it. (Must enroll and complete the Drive to Five (5 blood pressure checks within the first two weeks of receiving the device)	200 Points	To register: go.livongo.com/HARRISHEALTH or call 800-945-4355 Registration Code: HARRISHEALTH
	Livongo Hypertension Management Program – Monthly Monitoring (Must check your blood pressure four days per month)	50 Points per month	
★ Livongo Weight Management Program	The Livongo Weight Management Program for eligible employees and spouses on the Harris Health medical plan. Participants receive a smart scale, tools and coaching support to help lose weight, keep it off, and develop long-term healthier habits. Complete each Weight Management Lesson and earn points.	50 Points per lesson per day	To register: go.livongo.com/HARRISHEALTH or call 800-945-4355 Registration Code: HARRISHEALTH
	Livongo Weight Management Program – Monthly Monitoring (Must weigh in four days per month)	50 Points per month	
★ Livongo MyStrength Digital	Strengthen your emotional well-being on your own time. Receive dedicated support for stress, anxiety, depression, sleep and more. Complete a MyStrength Activity and earn points.	5 Points per activity per day	To register: go.livongo.com/HARRISHEALTH or call 800-945-4355 Registration Code: HARRISHEALTH
Online Wellness Challenges	Online wellness challenges focus on healthy lifestyle behaviors (nutrition, fitness, stress, etc.). Challenges can be individual and/or team based.	50 Points per challenge	346-426-1597 employeewellness@harrishealth.org
WebMD One	Achieve 10,000 steps a day with your verified fitness device through WebMD ONE and earn 20 Points.	20 Points per day	Go to webmdhealth.com/harrishealthsystem and create an account. Connect your fitness device. If joining through the Wellness At Your Side app, use connection code HEALTHY@HARRIS . Follow the instructions to create your account and add your fitness device.

HEALTHY@HARRIS, GO PLATINUM: HEALTHY@HARRIS REWARDS PROGRAM

MARCH 1, 2026 THROUGH FEBRUARY 28, 2027

When you get a good momentum going toward your health goals, it's rewarding to go the extra mile!

In addition to the Healthy@Harris Rewards program listed on the previous pages, you can earn additional gift cards for being actively engaged in your health and well-being. See the chart below for details on how to earn extra rewards.

<p style="text-align: center;">BRONZE</p> <ul style="list-style-type: none">• Complete an Annual Physical, Health Assessment and earn a total of 1,000 points• Earn applicable premium reward discount if on a Harris Health medical plan or a \$25 Amazon eGift card net of taxes* if you're not on a Harris Health medical plan (active Harris Health employees only)
<p style="text-align: center;">SILVER</p> <ul style="list-style-type: none">• Complete Bronze level and earn a total of 2,000 points• Earn Bronze level reward plus a \$25 Amazon eGift Card net of taxes*
<p style="text-align: center;">GOLD</p> <ul style="list-style-type: none">• Complete Bronze level and earn a total of 3,000 points• Earn Bronze and Silver level reward plus a \$50 Amazon eGift Card net of taxes*
<p style="text-align: center;">PLATINUM</p> <ul style="list-style-type: none">• Complete Bronze level and earn a total of 4,000 points• Earn Bronze, Silver and Gold level reward plus a \$100 Amazon eGift Card net of taxes* and special recognition

Gift cards are distributed at the end of each month, and all requirements must be listed as completed in your MyCigna account at the time of distribution. Once you become eligible for a gift card, you will receive an email notification from Employee Wellness. The eGift card(s) are sent from no-reply@hawkmarketplace.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.

A preventive physical enables you and your physician to identify any areas where you may wish to improve your health and well-being. Your medical information and results from the annual physical will not be shared with Harris Health. Harris Health will only be given aggregate population health data for the sole purpose of developing, implementing, and evaluating the wellness program, participation, and incentive information as necessary to comply with IRS regulations. Otherwise, all personal medical information will be protected under the HIPAA Privacy Rule. If you wish to view a copy of the Cigna privacy notice, please visit myCigna.com.

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 an incentive under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact our Cigna Customer Service Representative at 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.