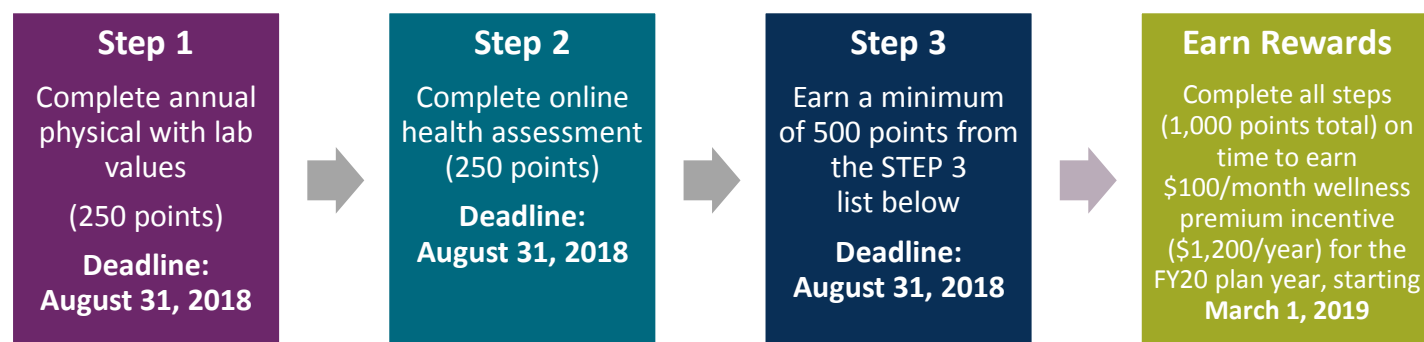




HEALTHY@HARRIS PREMIUM REWARDS PROGRAM

PARTICIPATE 9/1/17 THROUGH 8/31/18; REWARDS EFFECTIVE 3/1/19 (FY20)

As we close out our FY19 Premium Rewards program, we're already looking ahead to our FY20 program. This document is your road map for FY20. Follow along and make your journey to wellness even more rewarding: you can earn \$100 per month in premium incentives. **NEW FOR FY20: 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, 2019.



STEP 1– Complete an annual physical with lab values – Must Complete	Points
Complete an Annual Physical with Biometric Values (9/1/17 – 8/31/18)	250 Premium Points
NOTE: 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, located at www.mycigna.com .	
STEP 2 – Complete online health assessment-Must Complete	Points
Complete the MyCigna Health Assessment (9/1/17 – 8/31/18)	250 Premium Points
STEP 3 – Complete Any Combination for 500 Total Additional Points	Points
Achieve Health Goals (complete 9/1/17 – 8/31/18)	
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.	
Preventive Goals (complete 9/1/17 – 8/31/18)	
Complete an Annual OB/GYN Exam (Females > 18) *	100 Premium Points
Complete a Mammogram (Recommended at \geq Age 40)*	100 Premium Points
Complete a Colonoscopy (Recommended at Age 50 to Age 75)*	100 Premium Points
Complete a Prostate Screening (Males >18)*	100 Premium Points

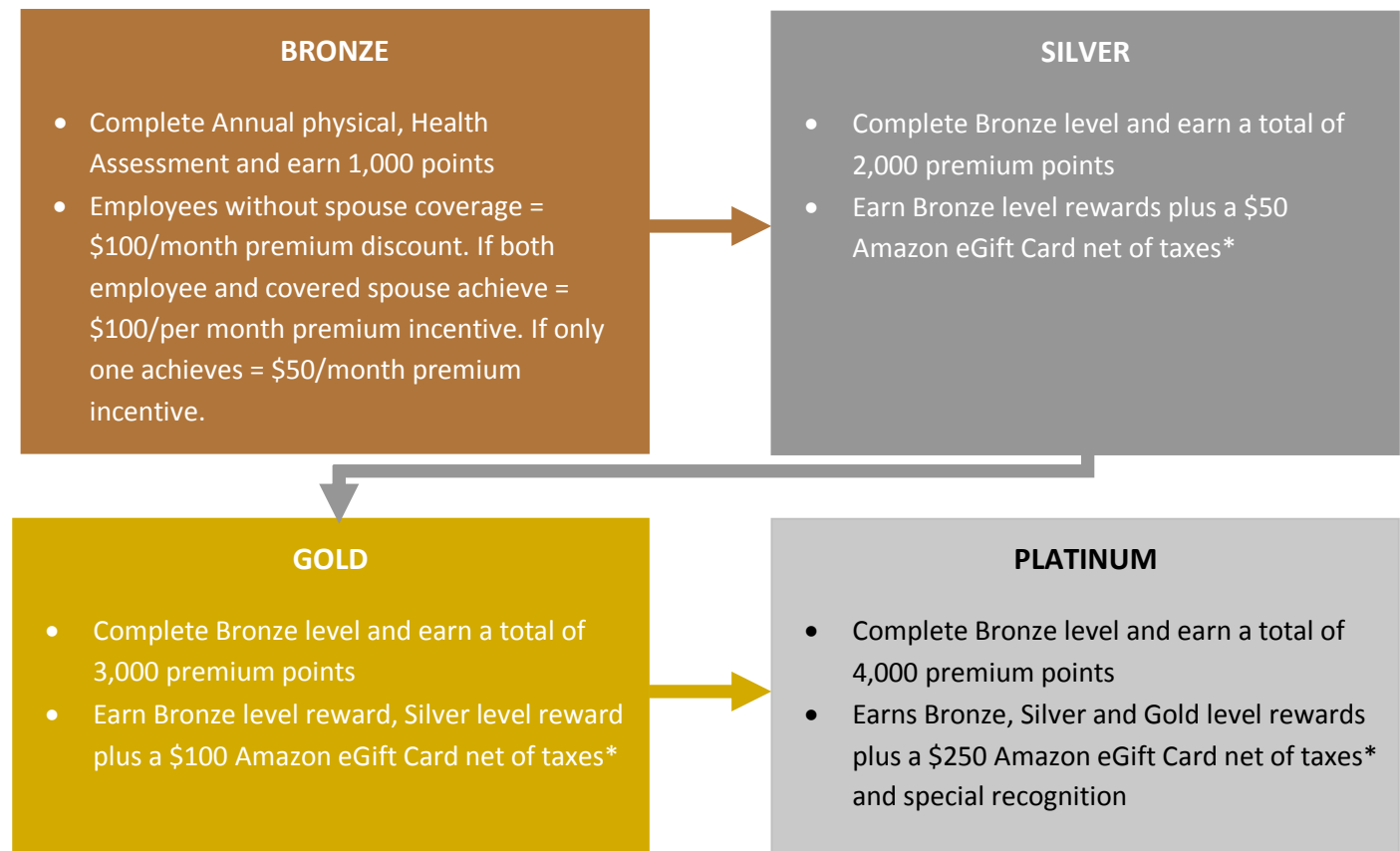
Complete a Dental Exam (self-reported goal)	100 Premium Points
Complete a Vision Exam (self-reported goal)	100 Premium Points
* Check with your doctor to see if you need the screenings and how often.	
Cigna Health Coaching by Phone (complete 9/1/17 – 8/31/18)	
Make progress towards a goal to overcome 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 towards a health goal	200 Premium Points
Cigna Online Health Coaching (complete 9/1/17 – 8/31/18)	
Condition Management (Diabetes, Asthma, COPD, Heart Disease, Heart Failure)	100 Premium Points (per program)
Healthy Living Programs (complete 9/1/17– 8/31/18)	
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 once per week for the entire month)	50 Premium Points (per month)
Diabetes Education Class (CHC)*	50 Premium Points (per class)
Asthma Education Class (CHC)*	50 premium Points (per class)
Naturally Slim Foundations - Weight Management Program Completion (Must complete a minimum of 8 out of 10 sessions)	500 Premium Points
Naturally Slim NS4You* - Weight Management Program Session Completion (7 sessions total; 50 points awarded per each session completed)	50 Premium Points (per session)
Naturally Slim NS4Life* - Weight Management Program Completion (6 sessions total; 50 points awarded per each session completed)	50 Premium Points (per session)
Harris Health “Becoming a Mom” Program* (LBJ Hospital) (9 classes total; 50 points awarded per class)	50 Premium Points (per class)
Childbirth Class* (CHC) (50 points awarded for completing a 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.	
Social Health and Wellness (complete 9/1/17 – 8/31/18)	
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 1,000 Cigna Points in order to earn 100 points toward your premium credit)	1,000 Cigna Points= 100 Premium Points
Employee Wellness Programs, Events & Activities (complete 9/1/17 – 8/31/18)	
Complete the Well Powered Living Class Series* (4 classes total; 50 points awarded per class)	50 Premium Points (per class)
Complete the Diabetes Prevention 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)
Attend a Healthy@Harris Special Event	100 Premium Points (per event)
Participate in an Explore & Learn Booth	5 Premium Points (per booth)
Participate in a group Exercise Class**	5 Premium Points (per class)
Participate in a Recreational Sports Program**	5 Premium Points (per game)
Complete the annual Employee Wellness Survey	50 Premium Points
**Please note you can only receive credit for one exercise class or game per day. * You can only receive credit for one wellness class per day.	

HEALTHY@HARRIS, GO PLATINUM

Make this year your best ever by taking the wheel on your wellness journey. Our families, patients and community are counting on us to be at our best and lead by example! Remember, you hold the power to elevate your health, well-being and personal impact through prevention and healthy habits. **Healthy@Harris**—our collection of health and wellness programs—can help you reach your personal wellness goals.

This year we have increased our commitment to your health by adding new programs and resources as well as rewards for participation and achieving outcomes. In addition to the Healthy@Harris Premium Rewards program listed on the previous pages, you have the ability to 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.

HEALTHY@HARRIS PREMIUM REWARDS PROGRAM 9/1/17 – 8/31/18



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.

*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 a 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 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.