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### **Guide to Activity Tracking for Premium Points**

If you have an activity tracking device, such as a Fitbit, Garmin, etc., you can earn Premium Points for tracking your activity. This document describes 3 options for earning points through your activity tracking device:

1. Cigna Apps & Activities – Offered year-round
2. Harris Health Fitbit Group – Offered year-round
- 3a. Fitbit Challenges – Offered periodically throughout the year
- 3b. Online Wellness Challenges – Offered periodically throughout the year

These are 3 separate activities. You can participate in all of them, simultaneously, to earn Premium Points. However, please note that registering and participating in one of the activities DOES NOT automatically register you for the other activities. (Exception: Registering in the Harris Health Fitbit group DOES automatically register you for the Fitbit challenges).

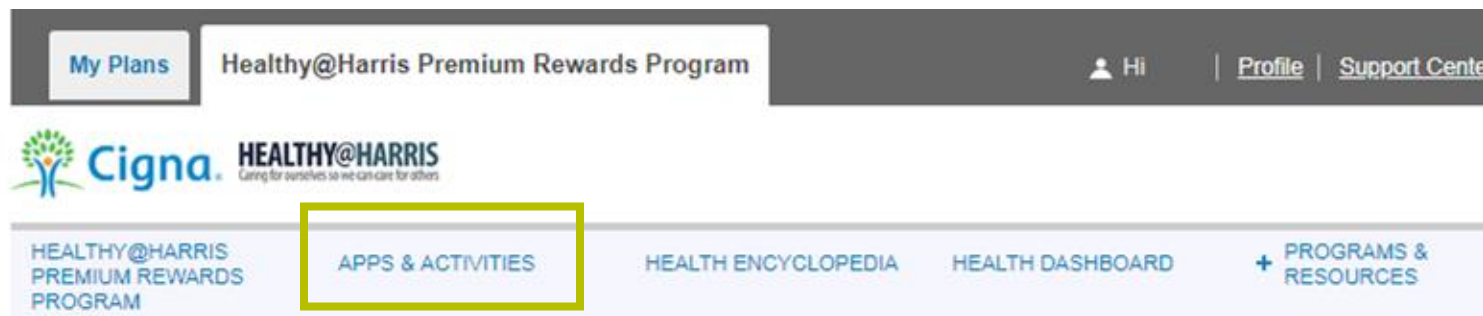
You are not required to participate in any of the following activities. There are many other activities available for employees and spouses to earn Premium Points. To view the full list of activities, [click here](#).

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## Option 1 – Cigna Apps & Activities

Cigna Apps & Activities is an activity-tracking platform available at [www.mycigna.com](http://www.mycigna.com). To access Cigna Apps & Activities, log in to [www.mycigna.com](http://www.mycigna.com). Click on the “Healthy@Harris Premium Rewards Program” tab. Then click on the “Apps & Activities” link near the top of the page.



Home » Healthy@Harris Premium Rewards Program

## Healthy@Harris Premium Rewards Program


This will take you to the Cigna Apps & Activities login page. Enter the same login information you use to access MyCigna.


The screenshot shows the login page for Cigna Apps & Activities 2.0. It features a blue header with the text 'LOGIN TO APPS & ACTIVITIES 2.0 WITH MYCIGNA'. Below this are input fields for 'USER ID' and 'PASSWORD'. A blue 'LOGIN' button is positioned below the password field. At the bottom, there are links for 'FORGOT USER ID >', 'FORGOT PASSWORD >', and 'REGISTER NOW >'.


### Description & Instructions to Access Program





Once you have logged in, you will see your Apps & Activities Dashboard. From here, you can choose the activities that you want to track.

**Apps & Activities**


  
Dashboard

  
Challenges


  
Metrics

  
Rewards


BASED ON YOUR FOCUS




**Eat more fruits and vegetables**  
Boost your nutrition with fresh produce



**Pack a healthy lunch**  
Make healthy lunch decisions easier



**Connect with friends and family**  
Boost mental health with friendship





**Meditate**


Many of the available activities are self-reported activities. For self-reported activities, you must log in to Cigna Apps & Activities and manually track each activity each day.





If you want to connect your activity tracking device, make sure to choose an activity that is based on a metric that your device is tracking. For example, you can choose a step goal with the “Step It Up” activity. Choose a number of steps per day to be your goal. Use the “Frequency” drop-down menu to choose how often you want to complete this activity. Once you have finalized your goal, click the “Add Activity” button at the bottom.

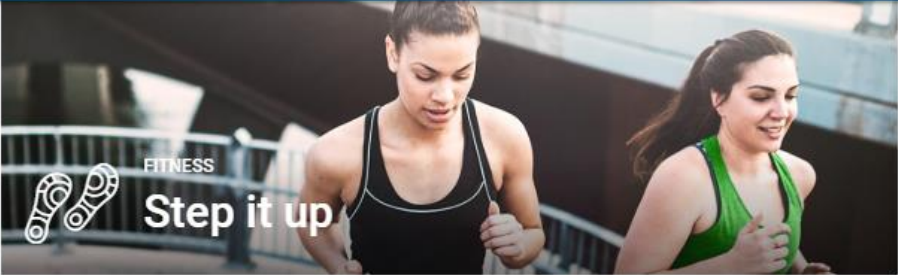
**Apps & Activities**

  
Dashboard


  
Challenges

  
Metrics

  
Rewards



Track your steps throughout the day with your favorite app. Staying on your feet and walking more are easy ways to strengthen your bones and muscles, while improving your mood.

 STEPS PER DAY ▾


5000

7500

10000

12500

...

 FREQUENCY ▾

4 DAYS PER WEEK

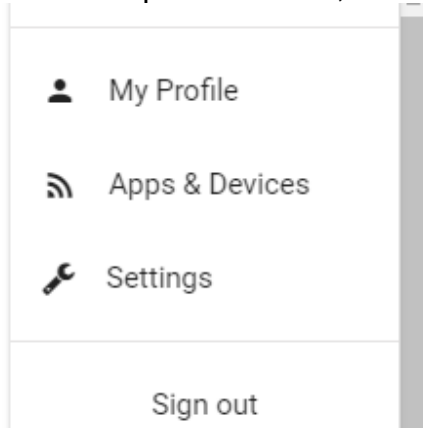
Add Activity



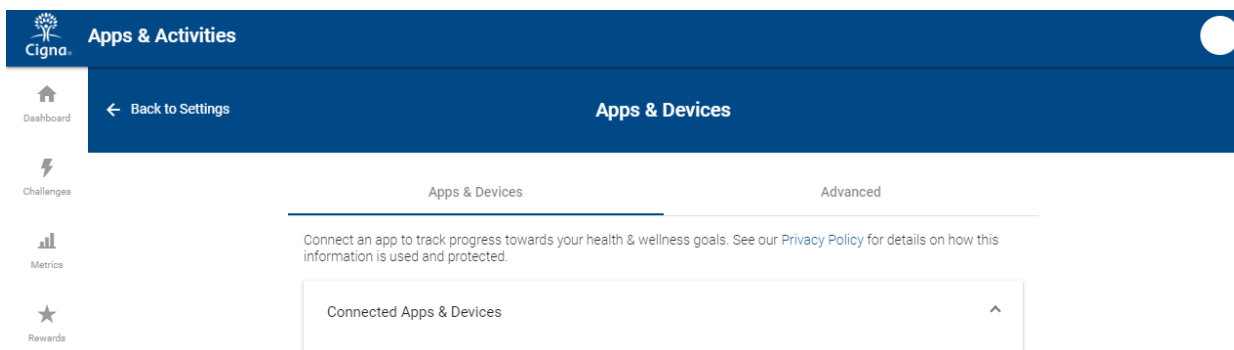
After you set up your activity goal, click on the white circle on the top right-side of the page. This will open a drop-down menu.



On the drop-down menu, click “Apps & Devices.”



The next page will list the available activity tracking devices/apps. Choose the device(s)/app(s) you would like to connect from this page.



Make sure the device(s)/app(s) you choose to connect are tracking the type of activity you have chosen in your goal.



## Devices Accepted



### Fitbit

Fitbit offers wearable devices to help you lead a healthier, more active life.



### Garmin Connect

Garmin designs, manufactures and markets GPS navigation, communication and sonar products.



### iHealth

iHealth designs innovative, mobile personal healthcare products for everyone.



### MapMyFitness

Your workout, your device, anywhere, anytime.



### MapMyHike

You may wander, but you'll never be lost.



### MapMyRide

We're ready to ride, anytime, anywhere.



### MapMyRun

You pound the pavement, we provide the motivation.



### MapMyWalk

Find fitness at your own pace.



### Misfit Wearables

Misfit is an elegant personal activity tracker that works with the Shine app.



### Nokia

Nokia (formerly Withings) creates smart products and apps to take care of yourself and your loved ones.



### Runkeeper

The Runkeeper app is a personal trainer in your pocket.



### Under Armour Record

UA Record is the dashboard for your 24/7 activity, sleep, and workouts.

Manual tracking (by logging into Cigna Apps & Activities to log activity) is also accepted for Cigna Apps & Activities.

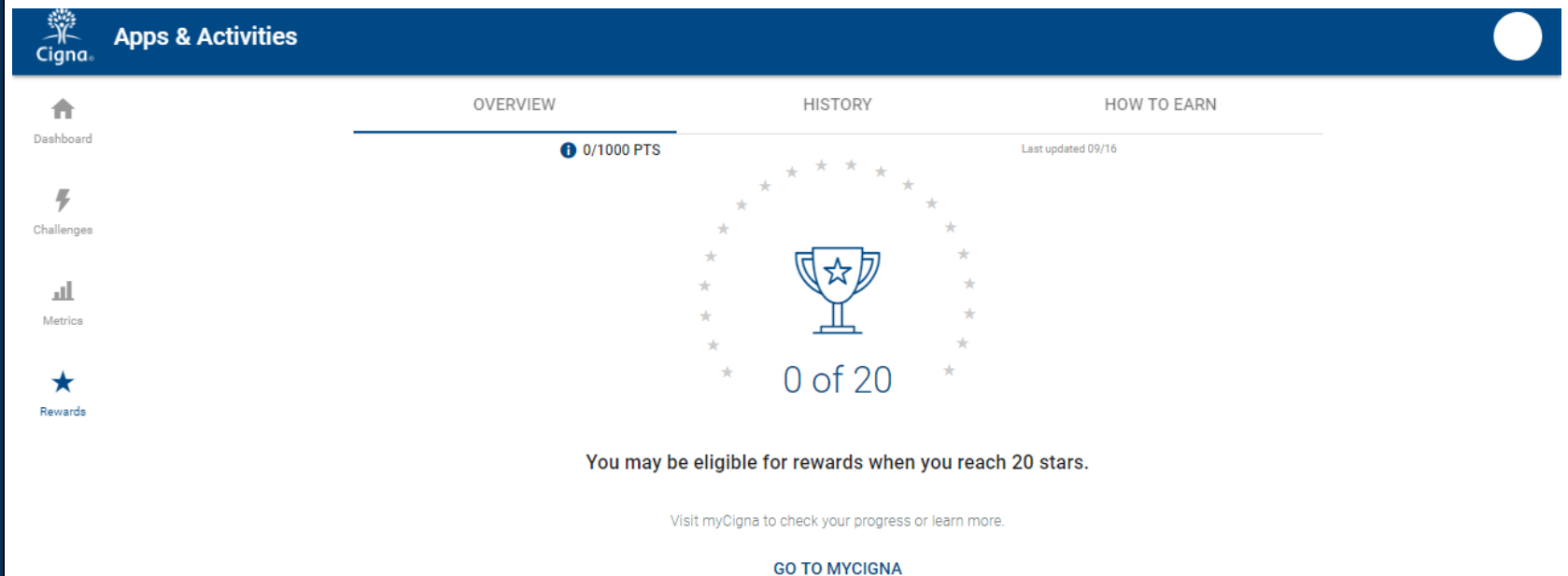
## Premium Points Awarded

You must sync your device regularly for your activity to be tracked for this program. Progress in Cigna Apps & Activities is measured in stars. Your progress is tracked on a weekly basis (Monday-Sunday). You can earn up to 5 stars per week based on the activity you track. As each new week starts, your number of stars for that week returns to 0. For example:

Week 1: You complete 100% of your activity goals → You receive 5 stars.  
Week 2: You complete 40% of your activity goals → You receive 2 stars.  
After 2 weeks, your total is 7 Stars.




You can view the total number of stars you have earned by clicking on the “Rewards” icon on the left side of the page.



Once your total number of stars reaches 20, you will be awarded 100 Premium Points on MyCigna. The Premium Points will show up on your MyCigna Premium Rewards Program Goals page. To access this page, please take the following steps:

1. Log in to [www.mycigna.com](http://www.mycigna.com).
2. Click on the “Healthy@Harris Premim Rewards Program” tab at the top.
3. Click the “View My Incentive Details” button in the middle section (“My Incentives”) of the page.
4. Click “Goals”



	<p>On the goals page, scroll down to “Get connected! Have fun and earn rewards on Apps and Activities (12 per year)” to view your Premium Points earned for this goal.</p> <div>  <div> <p><b>1,200</b> (100 EACH) POINTS</p> <p><b>Get connected! Have fun and earn rewards on Apps and Activities (12 per year)</b></p> <p>Available: 09/01/2017 - 08/31/2018</p> <p>Explore the top health devices and apps to help you stay motivated and challenge yourself. Earn stars for tracking your steps, weight, nutrition, sleep, glucose and blood pressure. Device integration available. Earn 20 Cigna stars and earn 100 Premium Points.</p> </div> </div>
<b>Availability &amp; Frequency</b>	<p>You can complete this goal up to 12 times per program year. Remember, the 100 Premium Points are awarded each time you reach a total of 20 Stars on Cigna Apps &amp; Activities. Each time you reach 20 Stars, Cigna Apps &amp; Activities will reset your total back to 0 Stars so you can start tracking your activities and earning stars again.</p> <p>Cigna Apps &amp; Activities is available for you to participate in all year long. There is no set start or end date for this program.</p>
<b>Help</b>	<p>If you need help with Cigna Apps and Activities, please contact Cigna customer service at 1-800-853-2713.</p>

GO TO NEXT PAGE





## Option 2 – Harris Health Fitbit Group

### Description & Instructions to Access Program

The Harris Health Fitbit Group is accessible through your Fitbit account. Your Fitbit Account can be accessed through the Fitbit App on your smartphone or through the Fitbit website on your computer.

To participate in this program, you **MUST** have a Fitbit activity tracking device and a Fitbit account.

All Harris Health employees are eligible to receive a discount and subsidy towards the purchase of one (1) Fitbit device. Spouses who are enrolled in the Harris Health Medical Plan are also eligible to receive a discount and subsidy. [Click here to visit the Harris Health Fitbit Marketplace.](#)

To get started, enter your Employee ID plus HHS as the unique promo code below to access the store. For example: 123456HHS. For spouses enrolled in the Harris Health Medical Plan, please use the Employee's ID, plus SP, followed by HHS. For example, 123456SPHHS.

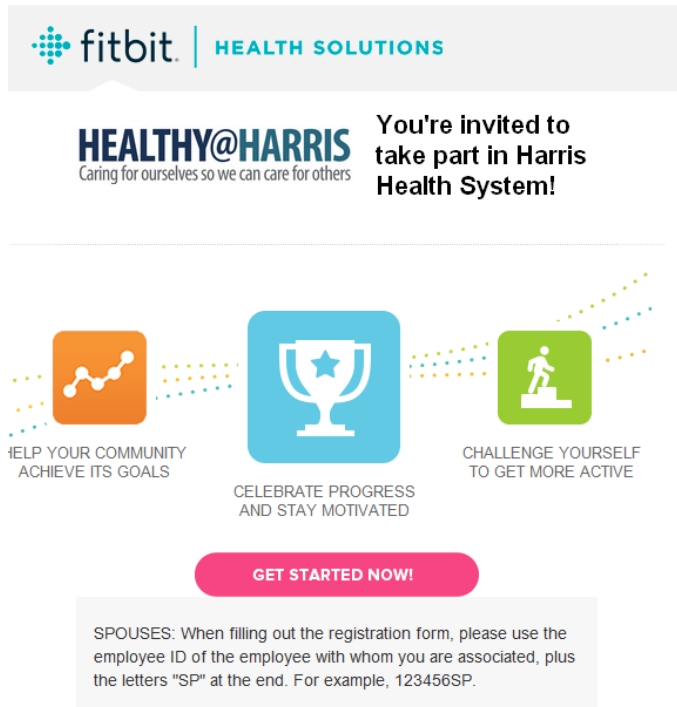
[View the flyer here](#)

[View a guide for choosing your Fitbit tracker](#)

If you already own a Fitbit, [click here to sign up to join the Harris Health Fitbit group](#). You must sign up using the e-mail address associated with your Fitbit account (the e-mail address you use to log in to your Fitbit account). Once you submit your online form, please allow up to 1 week to receive an e-mail from Fitbit inviting you to join the Harris Health Fitbit group. You must use the link in the invitation email you receive to register for the Harris Health Fitbit group.



The e-mail will look like this:




Click on the “Get Started Now!” button to register to join the Harris Health Fitbit Group. This will open a Fitbit login page. Use your Fitbit login information (e-mail and password) to log in, then fill out the form that pops up to join the Harris Health Fitbit Group. You will be asked to enter your 1) First Name, 2) Last Name, 3) Employee ID, and 4) to choose whether you are an Employee or a Spouse.



	<p>For the First Name and Last Name fields, please enter your name exactly how it appears in Peoplesoft. For example, if you go by “Joe” but your first name is listed in Peoplesoft as “Joseph,” you would need to enter “Joseph” in the First Name field.</p> <p>NOTE TO SPOUSES: When you are filling out this form, please add the letters “SP” after the employee ID. For example, 123456SP.</p> <p>After you submit this form, you will be registered with the Harris Health Fitbit Group.</p>
<p><b>Devices Accepted</b></p>	<p>You can use any Fitbit activity-tracking device to participate in the Harris Health Fitbit Group.</p> <p>Manual activity tracking is NOT accepted for the Harris Health Fitbit Group.</p>
<p><b>Premium Points Awarded</b></p>	<p>You must sync your device regularly for your activity to be tracked for this program. You can earn 20 Premium Points on <a href="http://www.mycigna.com">www.mycigna.com</a> for each day that you track 10,000 steps or more on your Fitbit. You can only earn Premium Points after you are registered with the Harris Health Fitbit Group.</p> <p>For example, if you tracked 10,000 steps on September 3<sup>rd</sup>, but did not join the Harris Health Fitbit Group until September 10<sup>th</sup>, then you cannot receive Premium Points for the activity that was tracked on September 3<sup>rd</sup>.</p> <p>Please allow up to 4 weeks for your Premium Points for this activity to be awarded on MyCigna. The points will be awarded based on the dates that you tracked 10,000 steps or more on your Fitbit. For example, if you track 10,000 steps on September 17<sup>th</sup>, the 20 Premium Points may not show up in your MyCigna account until October 10<sup>th</sup>. However, the goal activity will be dated September 17<sup>th</sup>.</p> <p>To view your Premium Points for this goal, please take the following steps:</p> <ol style="list-style-type: none"> <li>1. Log in to <a href="http://www.mycigna.com">www.mycigna.com</a>.</li> <li>2. Click on the “Healthy@Harris Premim Rewards Program” tab at the top.</li> <li>3. Click the “View My Incentive Details” button in the middle section (“My Incentives”) of the page.</li> <li>4. Click “Goals”</li> </ol> <p>On the goals page, scroll down to “Participate in a Group Exercise Class or Recreational Sports Game or Achieve</p>



	<p>10,000 steps in a day (260 per year)” to view your Premium Points earned for this goal.</p> <div>  <div> <p><b>5,200</b> (20 EACH) POINTS</p> </div> </div> <p><b>Participate in a Group Exercise Class or Recreational Sports Game or Achieve 10,000 steps in a day (260 per year)</b></p> <p>Available: 09/01/2018 - 08/31/2019</p> <p>Employee Wellness offers a variety of fitness classes and recreational sports leagues. Classes and recreational sports are free to employees, spouses and children 18 years and older. Earn 20 Premium Points for each fitness class or game you participate in. You can also earn 20 Premium Points for achieving 10,000 steps via Fitbit.</p> <p>Please note you can only receive credit for one class, game or achieving 10,000 steps per day.</p> <p>Please note: MyCigna is set up so that participants can only be awarded points for each goal category once per day. For example, if you participate in a group exercise class or sports game on September 18<sup>th</sup> and ALSO track 10,000 steps or more on your Fitbit device on September 18<sup>th</sup>, you will only be awarded 20 points ONCE for September 18<sup>th</sup>. You cannot receive Premium Points for completing 2 activities on the same day within the same goal category.</p>
<b>Availability &amp; Frequency</b>	<p>You can complete this goal up to 260 times per program year. If you track 10,000 steps or more on your Fitbit device for more than 260 days, you will not receive Premium Points for the additional days over 260.</p> <p>The Harris Health Fitbit Group is available for you to participate in all year long. You can register and begin participating at any time.</p>
<b>Help</b>	<p>For assistance with the Harris Health Fitbit Group, you have the following options:</p> <p>Fitbit Customer Support</p> <ul style="list-style-type: none"> <li>• Email: <a href="mailto:cwsupport@fitbit.com">cwsupport@fitbit.com</a></li> <li>• Phone: 844-5-FITBIT (844-534-8248)</li> <li>• Online: <a href="http://help.fitbit.com/cwsupport">http://help.fitbit.com/cwsupport</a></li> </ul>



When to contact Fitbit Customer support:

- Difficulty with ordering (exchanges/returns)
- Device troubleshooting/syncing issues
- Questions about website functionality/features

For other types of assistance, please contact Harris Health Employee Wellness:

- Email: [employeeewellness@harrishealth.org](mailto:employeeewellness@harrishealth.org)
- Phone: 713-566-6686

GO TO NEXT PAGE



### Option 3a – Fitbit Challenges

<p><b>Description &amp; Instructions to Access Program</b></p>	<p>Fitbit challenges are step challenges that are held throughout the year. The challenges are usually 4-8 weeks long.</p> <p>Fitbit Challenges will be announced a few weeks before each challenge starts. Please note, each Fitbit challenge has a different name and a different participation requirement. The challenge information will be posted in our monthly Healthy@Harris email newsletter and on our “This Week in Wellness” page. You can quickly access both of these communications by visiting our website: <a href="http://www.harrishealth.org/employee-wellness">www.harrishealth.org/employee-wellness</a>. There are links to both communications on our website homepage.</p> <p>To participate in Fitbit challenges, you must be registered with the Harris Health Fitbit Group. Once you are registered with the Harris Health Fitbit Group, you will automatically be enrolled in any challenges offered through the Fitbit group.</p> <p>For instructions on how to join the Harris Health Fitbit group, please read the description for <b>Option 2 – Harris Health Fitbit Group</b>, which is included in this document.</p> <p>Please note, your steps will be tracked in the challenge starting with the day that you joined the Harris Health Fitbit Group. For example, if the challenge started on November 19, but did not join the Harris Health Fitbit Group until November 25, then your steps for days prior to November 25 would not be recorded as part of the challenge.</p>
<p><b>Devices Accepted</b></p>	<p>You can use any Fitbit activity-tracking device to participate in Fitbit challenges.</p> <p>Manual activity tracking is NOT accepted for Fitbit challenges.</p>
<p><b>Premium Points Awarded</b></p>	<p>You must sync your device regularly for your activity to be tracked for this program. Participants earn 250 Premium Points for each Fitbit Challenge they complete. Please allow up to 2 weeks from the date that each challenge ends for the Premium Points to be awarded in MyCigna.</p> <p>Remember, the requirements for completion will differ depending on the Fitbit challenge. Please read the requirements for each challenge carefully when you register for the challenge. You <b>MUST</b> meet the completion requirements for each challenge to receive the 250 Premium Points for that challenge.</p>



To view your Premium Points for this goal, please take the following steps:

1. Log in to [www.mycigna.com](http://www.mycigna.com).
2. Click on the “Healthy@Harris Premim Rewards Program” tab at the top.
3. Click the “View My Incentive Details” button in the middle section (“My Incentives”) of the page.
4. Click “Goals”

On the goals page, scroll down to “Complete an Online Wellness Challenge (7 per year)” to view your Premium Points earned for this goal.



**1,750**  
(250 EACH)  
POINTS

**Complete an Online Wellness Challenge (7 per year)**

Available: 09/01/2018 - 08/31/2019

Online wellness challenges are offered throughout the year to encourage healthy living, comradery and friendly competition. Each challenge focuses on a different element of wellness, including fitness, healthy eating, and stress management. Challenges can be individual and/or team based. Complete an online wellness challenge and earn 250 Premium Points.

You will be awarded 250 Premium Points for each Fitbit Challenge that you successfully complete, based on the requirements for that challenge. You can earn 250 Premium Points for completing up to 7 Fitbit Challenges. Please note: the Fitbit Challenges fall under the same category as the Online Wellness Challenges (see **Option 3b**). You can complete a combined total of 7 of these challenges to receive Premium Points.

**Availability & Frequency**

You can complete this goal up to 260 times per program year. If you track 10,000 steps or more on your Fitbit device for more than 260 days, you will not receive Premium Points for the additional days over 260.

The Harris Health Fitbit Group is available for you to participate in all year long. You can register and begin participating at any time.



## Help

For assistance with the Harris Health Fitbit Group, you have the following options:

### Fitbit Customer Support

- Email: [cwsupport@fitbit.com](mailto:cwsupport@fitbit.com)
- Phone: 844-5-FITBIT (844-534-8248)
- Online: <http://help.fitbit.com/cwsupport>

### When to contact Fitbit Customer support:

- Difficulty with ordering (exchanges/returns)
- Device troubleshooting/syncing issues
- Questions about website functionality/features

For other types of assistance, please contact Harris Health Employee Wellness:

- Email: [employeeewellness@harrishealth.org](mailto:employeeewellness@harrishealth.org)
- Phone: 713-566-6686

GO TO NEXT PAGE





### Option 3b – Online Wellness Challenges

#### Description & Instructions to Access Program

Online Wellness Challenges are themed challenges that are held throughout the year. The challenges are usually 4-8 weeks long.

\*\*\*Each challenge has a different name and a different participation requirement. The example we will use in this document is the Walktober Challenge. Please note that this is just an example of one online wellness challenge. Future challenges will have different names, different websites, and different requirements for completion.\*\*\*

Online Wellness Challenges will be announced a few weeks before each challenge starts. The challenge information will be posted in our monthly Healthy@Harris email newsletter and on our “This Week in Wellness” page. You can quickly access both of these communications by visiting our website: [www.harrishealth.org/employee-wellness](http://www.harrishealth.org/employee-wellness). There are links to both communications on our website homepage.

Each challenge will have a different website. You will go to the challenge website to register for the online challenge. For example, the Walktober challenge website is [harrishealth.walktober.com](http://harrishealth.walktober.com).



[LOGIN](#) [REGISTER](#)

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



[WHAT](#)

[WHO](#)

[HOW](#)

[TEAM](#)

[WHEN](#)

**WALKTOBER**

**WHAT IS WALKTOBER?**

Fall is an ideal time to walk. Temperatures are moderate and the autumn colors are spectacular.

*Walktober* is designed to inspire you to dramatically boost your walking with fun, motivating tools to set goals, track progress, share success, and support other participants.

To register, click on the “Register” button at the top. Once you have registered, you will receive an email from the challenge. This email will include a description of the challenge and the requirements for completion. You can also read the full challenge description, requirements for completion, etc., by clicking on the “FAQs” link at the bottom of the challenge website.



Once you have registered for the challenge, you can return to the challenge homepage and log in. After logging in, make sure to connect your activity tracking device or app to the challenge. You can connect your device by clicking on the gear icon on the top right-side of the screen, and clicking on the “Settings” link. Scroll down to “Connect Your Device” portion of the settings page.

### Connect Your Device

Sync a device with your *Walktober* account.

**Connect your Device or App**

In this example, the Walktober challenge requires that participants earn 20 leaves within the challenge by the end of the challenge. This challenge runs from October 1-31, 2018, so participants must earn 20 leaves within the challenge by October 31, 2018. Participants earn 1 leaf for each day that they track at least 6,000 steps on their activity tracking device. Participants who earn 20 leaves or more within the Walktober Challenge will receive 250 Premium Points for participating. Participants who earn fewer than 20 leaves within the Walktober Challenge will NOT receive Premium Points for participating.



**Devices  
Accepted**

**CONNECT YOUR DEVICE OR APP**



Fitbit

Connect



Garmin Connect

Connect



Movable

Connect



YOO

Connect



Apple Health

ALL online wellness challenges with a physical activity component require that participants use an activity tracking device. Manual tracking of physical activity is NOT allowed in ANY online wellness challenge.



**Premium  
Points  
Awarded**

You must sync your device regularly for your activity to be tracked for this program. Participants earn 250 Premium Points for each Online Wellness Challenge they complete. Please allow up to 2 weeks from the date that each challenge ends for the Premium Points to be awarded in MyCigna.

Remember, the requirements for completion will differ depending on the online wellness challenge. Please read the requirements for each challenge carefully when you register for the challenge. You **MUST** meet the completion requirements for each challenge to receive the 250 Premium Points for that challenge.

To view your Premium Points for this goal, please take the following steps:

1. Log in to [www.mycigna.com](http://www.mycigna.com).
2. Click on the "Healthy@Harris Premim Rewards Program" tab at the top.
3. Click the "View My Incentive Details" button in the middle section ("My Incentives") of the page.
4. Click "Goals"

On the goals page, scroll down to "Complete an Online Wellness Challenge (7 per year)" to view your Premium Points earned for this goal.



**1,750**  
(250 EACH)  
POINTS

**Complete an Online Wellness Challenge (7 per year)**

Available: 09/01/2018 - 08/31/2019

Online wellness challenges are offered throughout the year to encourage healthy living, comradery and friendly competition. Each challenge focuses on a different element of wellness, including fitness, healthy eating, and stress management. Challenges can be individual and/or team based. Complete an online wellness challenge and earn 250 Premium Points.



<b>Availability &amp; Frequency</b>	<p>You will be awarded 250 Premium Points for each Online Wellness Challenge that you successfully complete, based on the requirements for that challenge. You can earn 250 Premium Points for completing up to 7 Online Wellness Challenges.</p> <p>The Online Wellness Challenges are held periodically throughout the year. There is a specific start date and end date for each challenge. Each challenge ranges from 4 to 8 weeks in length.</p> <p>Each Online Wellness Challenge will be announced a few weeks before each challenge starts. The challenge information will be posted in our monthly Healthy@Harris email newsletter and in on our “This Week in Wellness” page. You can quickly access both of these communications by visiting our website: <a href="http://www.harrishealth.org/employee-wellness">www.harrishealth.org/employee-wellness</a>. There are links to both communications on our website homepage.</p>
<b>Help</b>	<p>If you need assistance with any of the Online Wellness Challenges, please contact Harris Health Employee Wellness:</p> <ul style="list-style-type: none"><li>• Email: <a href="mailto:employeeewellness@harrishealth.org">employeeewellness@harrishealth.org</a></li><li>• Phone: 713-566-6686</li></ul>