

Don't forget, Healthy@Harris offers a wealth of resources and programs! You can find more information about all of the programs listed below, plus helpful flyers and forms, on our Harris Health intranet on the Employee Wellness page. Go to the home page and click on the Employee Wellness link or find the Employee Wellness page under Human Resources.

PROGRAM	DESCRIPTION	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.	https://fusion.awardsuite.com/P360Recognition/Portals/HarrisHealth/default.aspx
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.	Cigna: 800-244-6224
Cigna Healthy Pregnancy, Healthy Baby Program	Telephonic health coaching program on healthy pregnancy. This program is open to employees and covered spouses. Participants are required to join in their 1st or 2nd trimester.	Cigna: 800-244-6224
Cigna Telephonic Health Coaching	Employees receive health coaching over the phone regarding chronic health conditions or lifestyle habits (tobacco, weight, stress).	Cigna: 855-246-1873
Cigna Online Health Coaching	Employees participate in online coaching for health condition management (Diabetes, Asthma, COPD, Heart Disease, Heart Failure) or healthy lifestyle habits (tobacco, weight, stress).	Cigna: mycigna.com
Employee Assistance Program (EAP)	The EAP offers free counseling sessions, work-life services, financial and legal services as well as the LifeCycle Connect website with resources.	FEI: 800-638-3327 feieap.com (username: hhs)
Explore & Learn Booths	Educational interactions where participants explore and learn about important health and wellness topics.	Employee Wellness 713-566-6686 employeewellness@harrishealth.org
Fitbit Discount	Harris Health employees (and spouses on the Harris Health medical plan) have access to discounted pricing on one (1) Fitbit device of their choice. To get started, visit www.fitbit.com/welcome/harrishealthsystem When prompted, 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.	Employee Wellness: 713-566-6686 employeewellness@harrishealth.org
Fitness Center	Free Fitness Center available for Harris Health System Employees and Medical Staff Services partners at LBJ Hospital. To receive gym access, you must complete the online Exercise Liability Waiver and the online LBJ Fitness Center Rules Acknowledgement Form. Please note that it could take up to one week for your information to be processed.	Employee Wellness: 713-566-6686 employeewellness@harrishealth.org
Group Fitness Classes	Employee Wellness offers a variety of exercise classes, including Zumba, Boot Camp, Yoga, and more. These are free to employees, spouses and children (18+).	Employee Wellness: 713-566-6686 employeewellness@harrishealth.org
Harris Health Becoming a Mom Class (LBJ)	This program includes 9-lessons on prenatal health and is open to Harris Health employees and their spouses. Participants must be under 32 completed weeks.	Meredith Yaker: 713-566-4818 Meredith.Yaker@harrishealth.org
HbA1c Testing	Free quarterly HbA1c testing (4 per year) for employees and spouses engaged in the Livongo Diabetes Management Program.	Latecia Murphy, M Ed, RN, BSN, CHES HR Suite, Ben Taub Hospital Office: 713-873-6407; Work cell: 281-723-5225 Latecia.murphy@cigna.com Latecia.Murphy@harrishealth.org
Healthy@Harris Special Events	Employee Wellness holds multiple special events throughout the year such as Field Day, onsite screenings, runs, walks and much more.	Employee Wellness 713-566-6686 employeewellness@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.	MyCigna.com
Healthy Cooking Classes	Classes are taught by a chef and include a nutrition presentation and live cooking demonstration. Samples are also provided.	Employee Wellness: 713-566-6686 employeewellness@harrishealth.org

PROGRAM	DESCRIPTION	CONTACT INFORMATION
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 or via webinar.	Employee Wellness: 713-566-6686 employeeewellness@harrishealth.org
Livongo	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.	To Register: https://register.livongo.com/HARRISHEALTH Registration Code: HARRISHEALTH
Livongo	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.	To Register: register.livongo.com/HARRISHEALTH-HTN Registration Code: HARRISHEALTH
Naturally Slim	Online weight loss program available for eligible employees and spouses on the Harris Health medical plan. This program helps you learn how to lose weight and keep it off while still eating your favorite foods.	Employee Wellness: 713-566-6686 employeeewellness@harrishealth.org www.naturallyslim.com/harrishealthinfo@naturallyslim.com
Nutrition Counseling	Free nutritional counseling for employees and covered spouses engaged in Livongo. Meet with a registered dietitian to review nutrition-related concerns and improve overall nutrition wellness. Personalized diet analysis, meal planning guidance, education and personal goals will be explored and an action plan developed.	Employee Wellness: 713-566-6686 employeeewellness@harrishealth.org
Online Wellness Challenges	Online wellness challenges focus on healthy lifestyle behaviors (nutrition, fitness, stress, etc.). Challenges can be individual and/or team based.	Employee Wellness: 713-566-6686 employeeewellness@harrishealth.org
Onsite Cigna Nurse	The Cigna onsite nurse, 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.	Latecia Murphy, M Ed, RN, BSN, CHES HR Suite, Ben Taub Hospital Office: 713-873-6407 Work cell: 281-723-5225 Latecia.murphy@cigna.com Latecia.Murphy@harrishealth.org
Prevent T2-Diabetes Prevention Program	Participants will gain the knowledge and skills to make healthy and sustainable lifestyle changes. This is a year-long class that meets weekly for the first 6 months, and then bi-weekly and monthly during the second 6 months.	Employee Wellness 713-566-6686 employeeewellness@harrishealth.org
Recreational Sports Teams	Employee Wellness offers sports teams for flag football, softball, soccer, volleyball, and basketball. These are free to employees, spouses, and children (18+).	Employee Wellness: 713-566-6686 employeeewellness@harrishealth.org
Well Powered Living	A 4-week class series for those who are ready to fine tune their lifestyle to achieve maximum performance in all areas of their life. The focus will be on building a lifestyle based on scientific findings about energy management and maximizing human potential.	Employee Wellness 713-566-6686 employeeewellness@harrishealth.org

For questions regarding your Cigna benefits, claims or mycigna.com, please contact Crystal Cunningham at harrishealth@cigna.com or by phone at 346-302-4246.