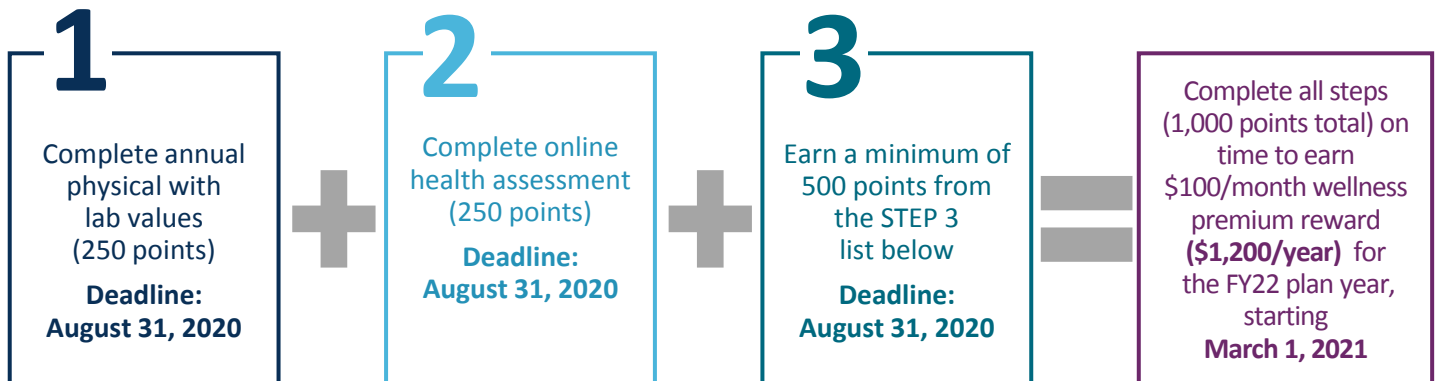


## HEALTHY@HARRIS PREMIUM REWARDS PROGRAM

PARTICIPATE 9/1/19 THROUGH 8/31/20; REWARDS EFFECTIVE 3/1/21 (FY22)

No matter where you are on your path to your health goals, we want to reward you for taking healthy steps. This program allows you to earn \$100 per month in premium rewards. **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. Premium rewards are effective March 1, 2021.



STEP 1 – Complete an annual physical with lab values – Must Complete	Points
Complete an Annual Physical with Biometric Values (9/1/19 – 8/31/20)	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 2 – Complete online health assessment – Must Complete	Points
Complete the MyCigna Health Assessment (9/1/19 – 8/31/20)	250 Premium Points
STEP 3 – Complete Any Combination for 500 Total Additional Points	Points
<b>Achieve Health Goals (complete 9/1/19 – 8/31/20)</b>	
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 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.	
<b>Preventive Goals (complete 9/1/19 – 8/31/20)</b>	
Complete an Annual OB/GYN Exam (Females $> 18$ ) *	100 Premium Points
Complete a Cervical Cancer Screening (Females $> 18$ ) *	100 Premium Points
Complete a Mammogram (Recommended at $\geq$ Age 40)*	100 Premium Points
Complete a Colon Cancer Screening (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.	
<b>Cigna Health Coaching by Phone (complete 9/1/19 – 8/31/20)</b>	
Make progress toward 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 9/1/19 – 8/31/20)</b>	
Condition Management (Diabetes, Asthma, COPD, Heart Disease, Heart Failure)	100 Premium Points (per program)
<b>Healthy Living Programs (complete 9/1/19 – 8/31/20)</b>	
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)
Naturally Slim Weight Management Program Class Completion* (Year-long program; 50 points awarded per each class completed)	50 Premium Points (per class)
Harris Health “Becoming a Mom” Program* (LBJ Hospital) (50 points awarded per class)	50 Premium Points (per class)
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)
*Please note you can only receive credit for one wellness class per day.	
<b>Social Health and Wellness (complete 9/1/19 – 8/31/20)</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
<b>Employee Wellness Programs, Events &amp; Activities (complete 9/1/19 – 8/31/20)</b>	
Complete the Well Powered Living Class Series* (50 points awarded per class)	50 Premium Points (per class)
Complete the Diabetes Prevention Program Class Series* (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 (will be announced)	100 Premium Points (per event)
Participate in an Explore & Learn Booth	5 Premium Points (per booth)
Participate in a group Exercise Class**	20 Premium Points (per class)
Participate in a Recreational Sports Program**	20 Premium Points (per game)
Achieve 10,000 steps a day**	20 Premium Points (per day)
Complete the annual Employee Wellness Survey	50 Premium Points
**Please note you can only receive credit for one exercise class, game or achieving 10,000 steps per day. Maximum of 5,200 points/year.	
* You can only receive credit for one wellness class per day. Maximum of 4,000 points/year.	

## HEALTHY@HARRIS, GO PLATINUM

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 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 9/1/19 – 8/31/20

#### 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.

\*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](http://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 770.261.0247 or via email at [HarrisHealth@cigna.com](mailto: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.