

**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 **Healthy@Harris Employee Wellness Internet website**.

| PROGRAM  | DESCRIPTION   | CONTACT INFORMATION  |
|--|---|--|
| <b>Choose Healthier</b>                              | 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.   | <a href="http://harrishealthrewards.com">harrishealthrewards.com</a>   |
| <b>Cigna Active and Fit Direct</b>                   | Get a discounted membership at participating fitness centers.   | Cigna: <a href="http://mycigna.com">mycigna.com</a>  |
| <b>Cigna Apps and Activities</b>                     | Explore the top health devices and apps to help you stay motivated and challenge yourself. Earn Cigna stars for tracking your steps, weight, nutrition, sleep, glucose and blood pressure. Device integration available.  | Cigna: <a href="http://mycigna.com">mycigna.com</a>  |
| <b>Cigna Behavioral Health</b>                       | 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  |
| <b>Cigna Healthy Pregnancy, Healthy Baby Program</b> | 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  |
| <b>Cigna Healthy Rewards</b>                         | Get discounts on health programs and services such as weight management, nutrition, fitness, mind-body, vision, hearing, alternative medicine, wellness and healthy products.   | Cigna: <a href="http://mycigna.com">mycigna.com</a>  |
| <b>Cigna Telephonic Health Coaching</b>              | Employees receive health coaching over the phone regarding chronic health conditions or lifestyle habits (tobacco, weight, stress).   | Cigna: 855-246-1873  |
| <b>Cigna Online Health Coaching</b>                  | Employees participate in online coaching for health condition management (Diabetes, Asthma, COPD, Heart Disease, Heart Failure) or healthy lifestyle habits (tobacco, weight, stress).  | Cigna: <a href="http://mycigna.com">mycigna.com</a>  |
| <b>Cigna Onsite Health Coach</b>                     | 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.   | Latecia Murphy, MEd, RN, BSN, CHES<br>HR Suite, Ben Taub Hospital<br>Office: 713-873-6407<br>Work cell: 281-723-5225<br><a href="mailto:Latecia.murphy@cigna.com">Latecia.murphy@cigna.com</a><br><a href="mailto:Latecia.Murphy@harrishealth.org">Latecia.Murphy@harrishealth.org</a> |
| <b>Employee Assistance Program (EAP)</b>             | 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<br><a href="http://feieap.com">feieap.com</a><br>(username: hhs)   |
| <b>Employee Wellness Classes</b>                     | Participants will gain the knowledge and skills to make healthy and sustainable lifestyle changes and approve overall well-being.   | Employee Wellness 346-426-1597<br><a href="mailto:employeewellness@harrishealth.org">employeewellness@harrishealth.org</a>   |
| <b>Employee Wellness Workshops</b>                   | 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 or via webinar.   | Employee Wellness: 346-426-1597<br><a href="mailto:employeewellness@harrishealth.org">employeewellness@harrishealth.org</a>  |
| <b>Explore &amp; Learn Booths</b>                    | Educational interactions where participants explore and learn about important health and wellness topics.   | Employee Wellness 346-426-1597<br><a href="mailto:employeewellness@harrishealth.org">employeewellness@harrishealth.org</a>   |
| <b>Fitbit Discount and Subsidy</b>                   | 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 <a href="http://www.fitbit.com/welcome/harrishealthsystem">www.fitbit.com/welcome/harrishealthsystem</a> 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: 346-426-1597<br><a href="mailto:employeewellness@harrishealth.org">employeewellness@harrishealth.org</a><br><a href="https://www.harrishealth.org/employee-wellness/Pages/Get-Fit-.aspx">https://www.harrishealth.org/employee-wellness/Pages/Get-Fit-.aspx</a>     |
| <b>Fitbit Friends &amp; Family Discount</b>          | Harris Health friends and family have access to discounted Fitbit products To get started, enter your Employee ID plus HHSFF as the unique promo code to access the store. For example, 123456HHSFF. Each promo code can be used on up to 5 purchases. (Once the promo code has been used for 5 purchases, it will no longer be active.)  | Employee Wellness: 346-426-1597<br><a href="mailto:employeewellness@harrishealth.org">employeewellness@harrishealth.org</a><br><a href="https://www.harrishealth.org/employee-wellness/Pages/Get-Fit-.aspx">https://www.harrishealth.org/employee-wellness/Pages/Get-Fit-.aspx</a>     |

| PROGRAM  | DESCRIPTION   | CONTACT INFORMATION   |
|--|---|---|
| <b>Fitness Center</b>                            | 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: 346-426-1597<br><a href="mailto:employeeewellness@harrishealth.org">employeeewellness@harrishealth.org</a>   |
| <b>Group Exercise Classes</b>                    | 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: 346-426-1597<br><a href="mailto:employeeewellness@harrishealth.org">employeeewellness@harrishealth.org</a>   |
| <b>HbA1c Testing</b>                             | Free quarterly HbA1c testing (4 per year) for employees and spouses engaged in the Livongo Diabetes Management Program.   | Latecia Murphy, MEd, RN, BSN, CHES<br>HR Suite, Ben Taub Hospital<br>Office: 713-873-6407;<br>Work cell: 281-723-5225<br><a href="mailto:Latecia.murphy@cigna.com">Latecia.murphy@cigna.com</a><br><a href="mailto:Latecia.Murphy@harrishealth.org">Latecia.Murphy@harrishealth.org</a> |
| <b>Healthy@Harris Special Events</b>             | Employee WellNess holds multiple special events throughout the year such as Field Day, Relaxathons, runs, walks and much more.  | Employee WellNess 346-426-1597<br><a href="mailto:employeeewellness@harrishealth.org">employeeewellness@harrishealth.org</a>  |
| <b>Health Assessment</b>                         | Visit <a href="https://mycigna.com">MyCigna.com</a> 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.   | <a href="https://mycigna.com">MyCigna.com</a>   |
| <b>Healthy Cooking Classes</b>                   | Classes are taught by a chef and include a nutrition presentation and live cooking demonstration. Samples are also provided.  | Employee WellNess: 346-426-1597<br><a href="mailto:employeeewellness@harrishealth.org">employeeewellness@harrishealth.org</a>   |
| <b>Healthy Knowledge Seminars</b>                | 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: 346-426-1597<br><a href="mailto:employeeewellness@harrishealth.org">employeeewellness@harrishealth.org</a>   |
| <b>Livongo Diabetes Management Program</b>       | 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:<br><a href="https://go.livongo.com/HARRISHEALTH">go.livongo.com/HARRISHEALTH</a> or call 800-945-4355<br>Registration Code: HARRISHEALTH   |
| <b>Livongo Diabetes Prevention Program (DPP)</b> | Diabetes Prevention Program (DPP) for eligible employees and spouses on the Harris Health medical plan. Participants receive tools and coaching support to help lose weight, keep it off, and develop long-term healthier habits.   | To Register:<br><a href="https://go.livongo.com/HARRISHEALTH">go.livongo.com/HARRISHEALTH</a> or call 800-945-4355<br>Registration Code: HARRISHEALTH   |
| <b>Livongo Hypertension Management Program</b>   | 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:<br><a href="https://go.livongo.com/HARRISHEALTH">go.livongo.com/HARRISHEALTH</a> or call 800-945-4355<br>Registration Code: HARRISHEALTH   |
| <b>Naturally Slim™</b>                           | 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: 346-426-1597<br><a href="mailto:employeeewellness@harrishealth.org">employeeewellness@harrishealth.org</a><br><a href="http://www.naturallyslim.com/harrishealthinfo@naturallyslim.com">www.naturallyslim.com/harrishealthinfo@naturallyslim.com</a>                 |
| <b>Online Wellness Challenges</b>                | Online wellness challenges focus on healthy lifestyle behaviors (nutrition, fitness, stress, etc.). Challenges can be individual and/or team based. . You must have a Fitbit device and be a member of the Harris Health Fitbit Group to participate.   | Employee WellNess: 346-426-1597<br><a href="mailto:employeeewellness@harrishealth.org">employeeewellness@harrishealth.org</a>   |
| <b>Recreational Sports Teams</b>                 | Employee WellNess offers sports teams for flag football, softball, soccer, volleyball, sand volleyball, kickball and basketball. These are free to employees, spouses, and children (18+).  | Employee WellNess: 346-426-1597<br><a href="mailto:employeeewellness@harrishealth.org">employeeewellness@harrishealth.org</a>   |
| <b>Well Powered Living Classes</b>               | A series of classes 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 346-426-1597<br><a href="mailto:employeeewellness@harrishealth.org">employeeewellness@harrishealth.org</a>  |

For questions regarding your Cigna benefits, claims or mycigna.com, please contact Crystal Cunningham at [harrishealth@cigna.com](mailto:harrishealth@cigna.com) or by phone at 346-302-4246 or 346-426-1812.

For questions regarding Healthy@Harris Employee Wellness programs or services, please contact Employee WellNess at [employeeewellness@harrishealth.org](mailto:employeeewellness@harrishealth.org) or by phone 346-426-1597. Check out the Healthy@Harris Employee WellNess website for more information <https://www.harrishealth.org/employee-wellness>.