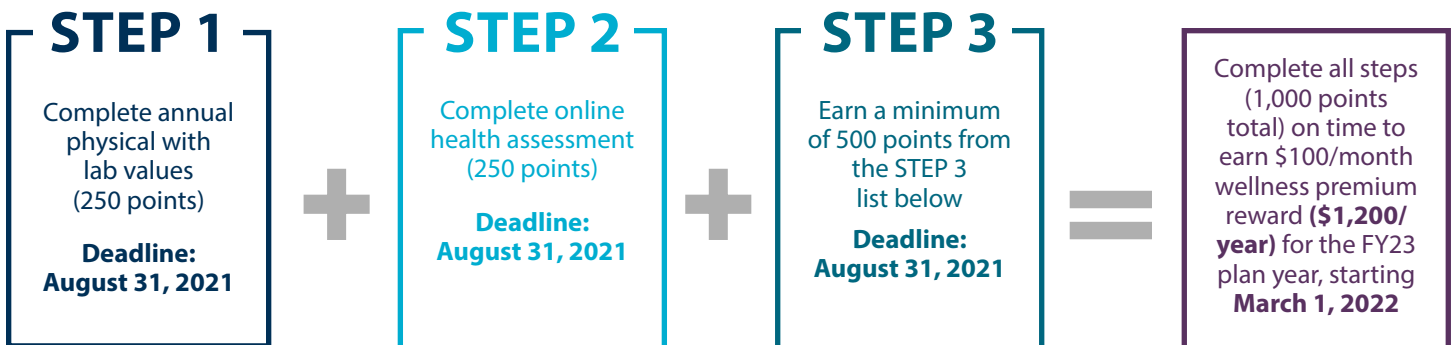


**PARTICIPATE 9/1/20 THROUGH 8/31/21 • REWARDS EFFECTIVE 3/1/22 (FY23)**

We care about you and believe that healthy habits are critical for your well-being. This program allows you to earn \$100 per month in premium rewards for healthy activities and choices. **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, 2022.



STEP 1 – Complete an annual physical with lab values – Must Complete	Points
Complete an Annual Physical with Biometric Values (9/1/20 – 8/31/21)	250 Premium Points
Submit a Completed Wellness Screening Form to Cigna (Optional ; located on <b>MyCigna.com</b> or the Healthy@Harris website/rewards)	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 <b>mycigna.com</b> .	
STEP 2 - Complete online health assessment – Must Complete	Points
Complete the MyCigna Health Assessment (9/1/20 – 8/31/21)	250 Premium Points
STEP 3 – Complete Any Combination for 500 Total Additional Points	Points
Achieve Health Goals (complete 9/1/20 – 8/31/21) 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 ≤ 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 <b>mycigna.com</b>	
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 labs done at an in-network lab such as LabCorp, Quest, Kelsey or submit the Wellness Screening Form located on <b>mycigna.com</b>	
NOTE: Alternative activities are available if you are unable to meet the biometric values above	
Preventive Goals (complete 9/1/20 – 8/31/21)	
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 ≥ 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	100 Premium Points
*Check with your doctor to see if you need the screenings and how often.	

(continued on next page)

<b>Cigna Health Coaching by Phone (complete 9/1/20– 8/31/21)</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 9/1/20 – 8/31/21)</b>	
Condition Management (Diabetes, Asthma, COPD, Heart Disease, Heart Failure)	100 Premium Points (per program)
<b>Healthy Living Programs (complete 9/1/20 – 8/31/21)</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)
Livongo Diabetes Prevention Program Lesson Completion (Year-long program; 50 points awarded per each lesson completed)	50 Premium Points (per lesson/per day)
Livongo Diabetes Prevention Program - Monthly Monitoring (Must weigh-in 4 times per month)	50 Premium Points (per month)
Naturally Slim® Weight Management Session Completion (Year-long program; 50 points awarded per each session completed)	50 Premium Points (per session/per day)
Harris Health “Becoming a Mom” Program Class Completion (LBJ Hospital) (50 points awarded per class)	50 Premium Points (per class/per day)
Complete an HbA1c Screening with the Cigna Onsite Health Coach (50 points each; offered quarterly)	50 Premium Points (per onsite HbA1c screening)
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)
<b>Social Health and Wellness (complete 9/1/20 – 8/31/21)</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 9/1/20 – 8/31/21)</b>	
Complete an Employee Wellness Class* (50 points awarded per class)	50 Premium Points (per class/per day)
Complete an online wellness challenge	50 Premium Points (per challenge)
Complete a Healthy Knowledge Seminar	50 Premium Points (per seminar/per day)
Complete an Employee Wellness Workshop	50 Premium Points (per workshop/per day)
Attend a Healthy@Harris Special Event (will be announced)	100 Premium Points (per event)
Participate in an Explore & Learn Booth or Laser coaching session	5 Premium Points (per booth or laser coaching session/per day)
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 Fitbit steps a day	20 Premium Points
Complete the annual Employee Wellness Survey	50 Premium Points
* You can only receive credit for one Employee Wellness class per day. Maximum of 4,000 points/year. **Please note you can only receive credit for one exercise class or recreational sports game per day. Maximum of 5,200 points/year.	

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 incentives under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Crystal Cunningham at 346.426.1812 or 346.302.4248 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.

# 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 9/1/20 – 8/31/21

BRONZE	GOLD	PLATINUM
<ul style="list-style-type: none"> <li>Complete Annual physical, Health Assessment and earn 1,000 points</li> <li>Earn applicable premium reward discount</li> </ul>	<ul style="list-style-type: none"> <li>Complete Bronze level and earn a total of 3,000 premium points</li> <li>Earn Bronze level reward plus a <b>\$50 Amazon eGift Card</b> net of taxes*</li> </ul>	<ul style="list-style-type: none"> <li>Complete Bronze level and earn a total of 4,000 premium points</li> <li>Earns Bronze and Gold level rewards plus a <b>\$100 Amazon eGift Card</b> net of taxes* and special recognition</li> </ul>

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.

## ALL HEALTHY@HARRIS PROGRAMS AND CONTACTS

**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. Go to <https://www.harrishealth.org/employee-wellness>. From the intranet home page, click on the **Healthy@Harris** tile.

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>	Healthy Pregnancy telephonic health coaching program 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>	Participants 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>	Participants 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, M Ed, RN, BSN, CHES HR Suite, Ben Taub Hospital Office: 713-873-6407; Work cell: 281-723-5225 <a href="mailto:Latecia.murphy@cigna.com">Latecia.murphy@cigna.com</a> <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 <a href="http://feieap.com">feieap.com</a> (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 <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 <a href="mailto:employeewellness@harrishealth.org">employeewellness@harrishealth.org</a>

# ALL HEALTHY@HARRIS PROGRAMS AND CONTACTS, CONTINUED

PROGRAM	DESCRIPTION	CONTACT INFORMATION
<b>Explore &amp; Learn Booths</b>	Educational interactions where participants explore and learn about important health and wellness topics.	Employee Wellness: 346-426-1597 <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="https://fitbit.com/welcome/harrishealthsystem">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 <a href="mailto:employeewellness@harrishealth.org">employeewellness@harrishealth.org</a> <a href="https://harrishealth.org/employee-wellness/Pages/Get-Fit.aspx">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 <a href="mailto:employeewellness@harrishealth.org">employeewellness@harrishealth.org</a> <a href="https://harrishealth.org/employee-wellness/Pages/Get-Fit.aspx">harrishealth.org/employee-wellness/Pages/Get-Fit.aspx</a>
<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 <a href="mailto:employeewellness@harrishealth.org">employeewellness@harrishealth.org</a>
<b>Group Fitness 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 <a href="mailto:employeewellness@harrishealth.org">employeewellness@harrishealth.org</a>
<b>Harris Health Becoming a Mom Class (LBJ)</b>	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 <a href="mailto:Meredith.Yaker@harrishealth.org">Meredith.Yaker@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, M Ed, RN, BSN, CHES HR Suite, Ben Taub Hospital Office: 713-873-6407; Work cell: 281-723-5225 <a href="mailto:Latecia.murphy@cigna.com">Latecia.murphy@cigna.com</a> <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 <a href="mailto:employeewellness@harrishealth.org">employeewellness@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 <a href="mailto:employeewellness@harrishealth.org">employeewellness@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 <a href="mailto:employeewellness@harrishealth.org">employeewellness@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: <a href="https://go.livongo.com/HARRISHEALTH">go.livongo.com/HARRISHEALTH</a> or call 800-945-4355 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: <a href="https://go.livongo.com/HARRISHEALTH">go.livongo.com/HARRISHEALTH</a> or call 800-945-4355 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: <a href="https://go.livongo.com/HARRISHEALTH">go.livongo.com/HARRISHEALTH</a> or call 800-945-4355 Registration Code: HARRISHEALTH
<b>Wondr (formally 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 <a href="mailto:employeewellness@harrishealth.org">employeewellness@harrishealth.org</a> <a href="https://naturallyslim.com/harrishealth">naturallyslim.com/harrishealth</a> <a href="mailto:info@naturallyslim.com">info@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 <a href="mailto:employeewellness@harrishealth.org">employeewellness@harrishealth.org</a>
<b>Onsite Cigna Nurse</b>	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 <a href="mailto:Latecia.murphy@cigna.com">Latecia.murphy@cigna.com</a> <a href="mailto:Latecia.Murphy@harrishealth.org">Latecia.Murphy@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 <a href="mailto:employeewellness@harrishealth.org">employeewellness@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 <a href="mailto:employeewellness@harrishealth.org">employeewellness@harrishealth.org</a>