



Spouses can access Healthy@Harris learning through Saba, just like employees!

[CLICK HERE to access Saba and step-by-step instructions.](#)

Contact us at employeewellness@harrishealth.org; 346-426-1597

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 346-302-4248 or 346-426-1812 or via email at 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.