



Online Wellness Classes, Healthy Knowledge Seminars, Wellness Workshops and Group Exercise for Spouses

Click on a link below to get started.

IMPORTANT: These recordings are for SPOUSES ONLY.

Employees MUST use the [Harris Health Learning Management System](#) to receive credit for the online wellness activities.

Wellness Points:

- Wellness Classes, Healthy Knowledge Seminars and Wellness Workshops
 - 50 Wellness Points each
 - Employee Wellness can only credit ONE Wellness Class, ONE Wellness Workshop and ONE Healthy Knowledge Seminar per day.
- Group Exercise
 - 20 Wellness Points each
 - Employee Wellness can only credit ONE Group Exercise Class or ONE Recreational Sports Game per day.

Please allow up to 4 weeks for your Wellness Points to be updated in www.MyCigna.com.

These Employee Wellness activities are recorded. To attend live activities, please view the [Employee Wellness Event Calendar](#).

Please contact Employee Wellness with any questions.

EmployeeWellness@harrishealth.org
346-426-1597



Online Wellness Classes for Spouses

Spouses can receive 50 Wellness Points for the following Wellness Classes. You can receive credit for ONE Wellness Class per day. Click on a link below to get started.

Online Wellness Classes

Password: Healthy@Harris1

[Ergonomics Class 1: Posture](#)

[Ergonomics Class 2: Workstation Basics](#)

[Ergonomics Class 3: Vision & Tech Neck](#)

[Ergonomics Class 4: RSI Prevention](#)

[Ergonomics Class 5: Back Injury Prevention](#)

[Ergonomics Class 6: Postural Assessment and Correction](#)

[Healthy Living: Pregnancy & Beyond—Class 1: Preparing for Pregnancy](#)

[Healthy Living: Pregnancy & Beyond—Class 2: Healthy Eating, Exercise & Stress Management](#)

[Healthy Living: Pregnancy & Beyond—Class 3: Labor, Birth & Caring for Your Baby](#)

[Healthy Living: Pregnancy & Beyond—Class 4: Working Moms](#)

[Healthy Telecommuting Class 1: Healthy Workspace](#)

[Healthy Telecommuting Class 2: Staying Social and Safe](#)

[Healthy Telecommuting Class 3: Importance of Routine](#)

[Healthy Telecommuting Class 4: Staying Active](#)

[Healthy Telecommuting Class 5: Communication](#)



Online Wellness Classes for Spouses cont'd.

Spouses can receive 50 Wellness Points for the following Wellness Classes. You can receive credit for ONE Wellness Class per day. Click on a link below to get started.

Online Wellness Classes

Password: Healthy@Harris1

[Well Powered Living 1.0 Class 1: Personal Mission](#)

[Well Powered Living 1.0 Class 2: Physical Energy](#)

[Well Powered Living 1.0 Class 3: Emotional Energy](#)

[Well Powered Living 1.0 Class 4: Mental Energy](#)

[Well Powered Living 1.0 Class 5: Spiritual Energy](#)

[Well Powered Living: 2.0 Class 1: Review of WPL 1.0 and Healthy Eating](#)

[Well Powered Living 2.0 Class 2: Movement](#)

[Well Powered Living 2.0 Class 3: Sleep](#)

[Well Powered Living 2.0 Class 4: Self-Care](#)

[Well Powered Living 3.0, Class 1: A Review: Purpose & Ultimate Mission](#)

[Well Powered Living 3.0, Class 2: Achieving with Character](#)

[Well Powered Living 3.0, Class 3: Building Your New Character Scorecard](#)

[Well Powered Living 3.0, Class 4: Training Character Muscles](#)



Online Wellness Classes for Spouses cont'd.

Spouses can receive 50 Wellness Points for the following Wellness Classes. You can receive credit for ONE Wellness Class per day. Click on a link below to get started.

Online Wellness Classes

Password: Healthy@Harris1

[Well Powered Living 4.0—Class 1: Leading with Character](#)

[Well Powered Living 4.0—Class 2: Cornerstones of Character](#)

[Well Powered Living 4.0—Class 3: Staying True to Character](#)

[Well Powered Living 4.0—Class 4: Natural Human Flaws](#)

[The Power of Emotional Intelligence—Class 1: What is Emotional Intelligence?](#)

[The Power of Emotional Intelligence—Class 2: Becoming Emotionally Intelligent](#)

[The Power of Emotional Intelligence—Class 3: Applying Emotional Intelligence for Optimum Well-Being and Success](#)



Online Wellness Workshops for Spouses

Spouses can receive 50 Wellness Points for each of the following Wellness Workshops. You can receive credit for ONE Wellness Workshop per day. Click on a link below to get started.

Online Wellness Workshops

Password: Healthy@Harris1

[Active Kids in a Digital World](#)

[Beating Burnout](#)

[Cultivating Digital Wellness](#)

[Healing Power of Pets](#)

[Holiday Survival Tips](#)

[Leave a Little Sparkle](#)

[Permission to Feel](#)

[Positive Affirmations](#)

[Your Best IS Good Enough!](#)



Online Wellness Workshops for Spouses cont'd.

Spouses can receive 50 Wellness Points for each of the following Wellness Workshops. You can receive credit for ONE Wellness Workshop per day. Click on a link below to get started.

Online Wellness Workshops

Password: Healthy@Harris1

[Pay It Forward](#)

[Outside my Window, Gardening & Wellness](#)

[Financial Wellness](#)

[Awe](#)

[Why We Worry](#)

[Brain Power](#)

[Less is More—Simplifying Your Life](#)

[Stress and Our Perceptions](#)

[From Languishing to Flourishing—Improving Mental Health](#)

[The Power of Compassion](#)



Online Healthy Knowledge Seminars for Spouses cont'd.

Spouses can receive 50 Wellness Points for the following Healthy Knowledge Seminars. You can receive credit for ONE Healthy Knowledge Seminar per day. Click on a link below to get started.

Online Healthy Knowledge Seminars

[App Away the Holiday Blues](#)

[Mindfully Manage the Holidays](#)

[Livongo for Diabetes](#)

[Livongo for Diabetes and Hypertension](#)

[Livongo for Diabetes Prevention](#)

[Livongo for Hypertension](#)

[There is an "I" in Team](#)

[Understanding the Food-Mood Connection](#)

[Psychological First Aid: Addressing the Human Aspect of Crisis](#)

[Healthy@Harris Premium Rewards Program Overview](#)



Online Group Exercises for Spouses

Spouses can receive 20 Wellness Points for the following group exercise classes. You can receive credit for ONE Group Exercise class or ONE Recreational Sports Game per day. Click on a link below to get started.

Online Group Exercise

Password: Healthy@Harris1

[Virtual Walk](#)

[Virtual Upper Body Stretch](#)

[Virtual Total Body Stretch with Light Resistance Bands](#)

[Virtual Lower Body Stretch](#)

[Virtual Meditation](#)