



This Week in Wellness:  
June 11<sup>th</sup> – June 15<sup>th</sup>

Cigna On-Site Health Assessment Assistance

Cigna staff will be available on the following dates and times to assist medical plan participants with completing their online health assessment. As a reminder, both employees and spouses on the medical plan MUST complete the online health assessment at [www.mycigna.com](http://www.mycigna.com). The online health assessment is worth 250 Premium Points.

[Click here to view the schedule.](#)

Healthy Cooking Classes

June and July 2018

Chef Tim Saddler is hosting healthy cooking classes throughout June and July 2018. Each class will include a nutrition presentation, live cooking demo, and samples of the recipes while supplies last. Everyone who attends will earn 50 Premium Points on [www.mycigna.com](http://www.mycigna.com).

June Schedule:

LBJ – Tuesday, 6/12, from 4-5pm in the Cafeteria

Quentin Mease – Wednesday, 6/13, from 3-4pm in the Cafeteria

9250 Kirby – Thursday, 6/28, from 3-4pm in the Cafeteria

[Click here to view the full schedule.](#)

NOTE: MyCigna is set up so that participants can only receive credit for one class per goal category per day. Attending a Healthy Cooking class will fall under the “Complete a Healthy Knowledge Seminar” category.

Well Powered Living Class Series

El Franco Lee & Settegast Health Centers

The Healthy@Harris team is presenting a new 4-week class series for those who are ready achieve maximum performance in all areas of life. You will learn to build a well powered lifestyle by managing your physical, emotional, mental, and spiritual energy. If you are ready to maximize your potential, this is the class for you!

Click the links below for the Well Powered Living Class Schedules:

[Settegast Health Center Schedule](#)  
[El Franco Lee Health Center Schedule](#)

For more information contact [employeeewellness@harrishealth.org](mailto:employeeewellness@harrishealth.org) or 713-566-6686.

Healthy Knowledge Seminars available on LMS

You can now view our past EAP webinars on the Harris Health [Learning Management System](#). Log in and enter “webinar” into the search box to find the trainings. The following webinars are available:

- Dealing with Difficult People
- Managing Work-Life Balance
- Personal Resiliency Pt. 1
- Trauma and Its Impact
- Time Management
- Increase Your Resilience: EAP Tools and Resources

Each webinar is approximately 1 hour long. You must complete a brief quiz within the Learning Management System window to complete the webinar. Participants will receive 50 Premium Points

<p>Participants will receive 50 Premium Points for each class attended.</p> <p>NOTE: MyCigna is set up so that participants can only receive credit for one class per goal category per day. Attending the Well Powered Living class will fall under the “Complete an Employee Wellness Class” category.</p>	<p>per webinar they complete.</p> <p>NOTE: 1) If you have already received credit for viewing a webinar when it was originally scheduled/held, you cannot receive credit for watching it again. 2) MyCigna is set up so that participants can only receive credit for one class per goal category per day. These webinars fall under the “Complete a Healthy Knowledge Seminar” category.</p>
<p><b>Explore &amp; Learn Booths</b> June 2018</p> <p>The Healthy@Harris team will be hosting booths throughout June. The topic for June is “Stress Management”. Stop by for a stress management activity and information.</p> <p><a href="#">View the Explore &amp; Learn Booth schedule here.</a></p> <p>Everyone who completes the activity will earn 5 Premium Points and will be entered into a raffle for a prize!</p>	<p><b>Quarterly HgA1c Check</b> <b>Eligible Population: Livongo Participants</b></p> <p>We are now offering free HgA1c checks to all employees and eligible spouses with a diabetes diagnosis who are also enrolled in Livongo. The checks can be completed whether you are fasting or non-fasting. It only takes 5 minutes to receive the test results. Our Cigna Onsite Health Coach will assist you in reaching the goal of improving and or maintaining a healthy HgA1c and managing your diabetes. Participants are highly encouraged to share their results with their doctor. For more information contact Latecia Murphy, M Ed, BSN, CHES at 713-873-6407 or <a href="mailto:Latecia.Murphy@harrishealth.org">Latecia.Murphy@harrishealth.org</a>.</p>
<p><b>Healthy Knowledge Seminar: The Emotional Minefields of Parentcare</b> June 13, 2018 – 12pm</p> <p>Taking care of yourself, simply surviving parentcare, requires that you deal with some strong emotions. Believe it or not, reactions and feelings you have now, even the ones that seem disturbingly out of character for you, are normal and quite common. And they can be tempered once you recognize what it is you are feeling and why. Join us and learn to cope with the emotions all caregivers face.</p> <p>Everyone who participates in the webinar will receive 50 Premium Points on <a href="http://www.mycigna.com">www.mycigna.com</a>. You must login and view the webinar on a computer or other internet-connected device to receive credit for attending.</p> <p><a href="#">View more details on the flyer</a></p> <p><a href="#">Click here to register for the webinar</a></p> <p>NOTE: MyCigna is set up so that participants can only receive credit for one class per goal category per day. Attending this webinar will fall under the “Complete a Healthy Knowledge Seminar” category.</p>	<p><b>Kelsey-Seybold Seminars: Hypertension</b> Now through August 2018</p> <p>Kelsey-Seybold physicians will be leading 30-minute seminars on hypertension (high blood pressure) from April through August 2018. Participants will receive 50 Premium Points on <a href="http://www.mycigna.com">www.mycigna.com</a>.</p> <p>June Schedule:</p> <p><a href="#">Ben Taub</a> – Thursday, 6/14, from 11am-11:30am and 11:30am-12pm in the 4<sup>th</sup> Floor Conference Room</p> <p><a href="#">Click here to view the full seminar schedule.</a></p> <p>NOTE: MyCigna is set up so that participants can only receive credit for one class per goal category per day. Attending the Hypertension seminar will fall under the “Complete a Healthy Knowledge Seminar” category.</p>

**Livongo and Free Diabetes Medications-New effective March 1, 2018**

We're happy to introduce a new benefit for the 2018 medical plan year, which begins on March 1, 2018 and ends on February 28, 2019.

Participants engaged in the Livongo Diabetes Management Program who use their Livongo meter to test their glucose a minimum of 4 times per month will be eligible to receive diabetes medications (generic medications and insulin) free of charge effective the 15th of the following month.

[Click here for more information.](#)

**Spouses – Sign Up to Receive Healthy@Harris Communications**

All of our Healthy@Harris classes, events, and programs are open to spouses as well. If your spouse would like to receive emails with more information about our upcoming classes, events, and programs, they can sign up by [filling out this online form](#).

[Click here to view the full FY20 Premium Rewards Program requirements.](#)

Remember, the deadline to complete the program is 8/31/2018.

**Healthy Knowledge Webinar: FY20 Premium Rewards Program**

You can now view an informational video on the requirements for the FY20 Premium Rewards Program.

[Click here to watch the video](#) (approx. 20 min)

Everyone who views the video will receive **50 Premium Points** on [www.mycigna.com](http://www.mycigna.com).

Employees and spouses can view the video and receive Premium Points. Employees, please enter your employee ID after your last name when registering to view the video. If your spouse is viewing the video, please have them enter their full name in the First Name field, and enter “[Your employee ID] Spouse” in the Last Name field. Both employees and spouses **MUST** use the employee’s @harrishealth.org e-mail address to receive credit.

**Nutrition Consultations**

**Eligible Population: Participants Enrolled in Livongo**

We are now offering free one-on-one nutrition counseling to all employees and eligible spouses with a diabetes diagnosis who are also enrolled in Livongo. The program is designed using the American Association of Diabetes Educators 7 Self-Care Behaviors. Our Registered Dietitian will help you fill in any education gaps about food and nutrition as well as provide support and guidance to help you manage your diabetes. You will also receive tips to help you prevent future complications.

[Click here to view our flyer](#)

If you are interested, please review the [program agreement](#) and return the completed form to Ashley Smith at [Employee Wellness](#). For more information, contact Ashley Smith at 713-566-6686 or [EmployeeWellness@harrishealth.org](mailto:EmployeeWellness@harrishealth.org).

**Fitbit Marketplace**

**Discounted Fitbit Devices**

As an investment in your well-being, Employee Wellness is providing you preferred pricing on one (1) Fitbit Tracker of your choice between December 1, 2017 and December 31, 2018.



To get started, 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.

[Click here to visit the Harris Health System Fitbit Marketplace.](#)

Being physically active is important in improving health, reducing risk for chronic diseases, increasing energy and controlling weight. The Department of Health and Human Services and the Center for Disease Control recommend that each person achieves a minimum of 150 minutes of moderate aerobic exercise, or 75 minutes of vigorous aerobic exercise, each week.

**Livongo Diabetes Management Program (No Cost to You!)**

**Who can join [Livongo](#):**

Harris Health System employees and covered spouses who have diabetes and coverage on the Harris Health Medical plan.

What you get:

- **Connected Meter:** Automatically uploads your blood glucose readings to your secure

**NEW Healthy@Harris FY20 Premium Rewards Program**

**Participate 9/1/17 through 8/31/18**  
**Rewards Effective: 3/1/19 (FY20)**

[Click here](#) to view the FY20 Premium Rewards Program roadmap.

**NEW for FY20: 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

<p>online account and provides real-time personalized tips.</p> <ul style="list-style-type: none"><li>• <b>Support from Coaches When You Need It:</b> Communicate with a coach anytime about diabetes questions, nutrition or lifestyle changes.</li><li>• <b>Unlimited Strips at No Cost:</b> When you are about to run out, Livongo ships more supplies, right to your door.</li></ul> <p><a href="https://register.livongo.com/HARRISHEALTH">register.livongo.com/HARRISHEALTH</a></p> <ul style="list-style-type: none"><li>• Registration Code: HARRISHEALTH</li></ul>	<p>month. Rewards are effective March 1, 2019.</p> <p>Step 1: Complete an annual physical exam with lab values by 8/31/18. (250 points)</p> <p>Step 2: Complete the online health assessment by 8/31/18 (250 points)</p> <p>Step 3: Earn at least 1,000 points by 8/31/18 (note 500 points are earned from step 1 &amp; 2)</p> <p>This year we have increased our commitment to you by consolidating all programs and resources into one rewards program. In addition to the \$1,200 in premium rewards, you have the ability to earn an additional \$400 in Amazon eGift cards by being actively engaged in your health and well-being.</p> <p><a href="#">Click here for more details.</a></p> <p><a href="#">Click here for the FY20 FAQs</a></p>
<p><b>Group Fitness Info</b></p> <p><a href="#">Click here to view the 2018 Group Fitness Schedule.</a></p> <p>Liability waivers are required for all group fitness participants, including spouses and dependents. You can access <a href="#">the form here</a>. Please fill it out and e-mail to <a href="mailto:employeeewellness@harrishealth.org">employeeewellness@harrishealth.org</a> or fax to 832-487-2978.</p>	<p><b>Contact Info</b></p> <p><a href="#">Visit our website.</a></p> <p>Questions? Contact us at <a href="mailto:employeeewellness@harrishealth.org">employeeewellness@harrishealth.org</a> or 713-566-6686.</p>

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 713.566.4391 or 770.261.0247 or via email at [Crystal.Cunningham@cigna.com](mailto:Crystal.Cunningham@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.