



This Week in Wellness: March 11th – 15th

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Healthy Knowledge Seminars & Wellness Classes

NEW Get In. Get Out. Get Educated. Cigna Health Education Seminar: Nutrition Myths

Let's break down some nutrition myths that have been circulating. Is organic really better? If it is a "cholesterol-free" food, does that mean it's healthy? And many others. While new myths are brought into public view each day, let's break down some of the more common ones.

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

Everyone who attends will receive 50 Premium Points on www.mycigna.com. Please note: MyCigna is set up so that participants can only receive points for one activity per goal category per day. This seminar will fall under the "Complete a Healthy Knowledge Seminar" goal category on MyCigna.

NEW Well Powered Living

The Healthy@Harris team is presenting a new class series for those who are ready to 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 here to view the Well-Powered Living Schedule](#)

Everyone who participates will receive 50 Premium Points on www.mycigna.com for each class attended.

NOTE: MyCigna is set up so that participants can only receive credit for one class per goal category per day. This seminar will fall under the "Complete a Wellness Class" category.



Prevent T2 Class

Locations: Ben Taub, CHC, Kirby, LBJ, Quentin Mease, and Smith Clinic

In this class, you will gain the knowledge and skills to make effective healthy lifestyle changes. Class topics include nutrition, exercise, weight-loss, and stress management.

This is a year-long class that meets weekly for the first 6 months, and then bi-weekly and monthly during the second 6 months. Each class is one hour long, and includes an educational section and a group discussion section.

View the flyers for each location:

[Ben Taub](#)

[CHC \(S Loop W\)](#)

[Kirby](#)

[LBJ](#)

[Quentin Mease](#)

[Smith Clinic](#)

[View the full schedule for 2018-2019](#)

NOTE: MyCigna is set up so that participants can only receive credit for one class per goal category per day. These classes will fall under the "Complete an Employee Wellness Class" category.

NEW Creative Writing Workshop – Spring 2019

Mondays, March 18 through May 27, 2019

5:00-6:30pm

Inprint Neighborhood, 1519 West Main, Houston 77006 (WITS Meeting House)

This creative writing workshop will allow Harris Health and affiliated medical school employees an opportunity to discover the insights that come from shaping their own narratives and encountering the narratives of others. Class members will continually have the chance to share work and receive feedback from both the professor and peers. Through its workshop format, this course will strengthen active listening and close reading skills as well.

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

[Click here to apply.](#)



NEW Healthy Knowledge Webinars for Spouses

Spouses can receive 50 Premium Points for each of the following Healthy Knowledge Webinars. Click on the link below to get started.

[Understanding Depression](#)
[Breast Cancer: What You Need to Know](#)
[Livongo for Diabetes Overview](#)
[Transition to Retirement](#)
[Holiday Stress](#)
[Identity Theft](#)
[Wills, Trusts, and Estate Planning](#)

If you have already received credit for viewing a webinar when it was originally scheduled/held, you cannot receive credit for watching it again.

IMPORTANT: Employees MUST use the [Harris Health Learning Management System](#) to receive credit for the webinars. The above link is **ONLY for use by SPOUSES**.

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

NEW Healthy Knowledge Webinars available on LMS (Employees)

You can 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 webinar is currently available:

Understanding Depression
Breast Cancer: What You Need to Know
Livongo for Diabetes Overview
Transition to Retirement
Holiday Stress
Identity Theft
Wills, Trusts, and Estate Planning

This 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 per webinar they complete.

If you have already received credit for viewing a webinar when it was originally scheduled/held, you cannot receive credit for watching it again.

NOTE: MyCigna is set up so that participants can only receive credit for one class per goal category per day. Webinar completion on LMS will fall under the "Complete a Healthy Knowledge Seminar" category.

Special Events

NEW March for Babies 2019

[Sunday, April 28, 9am](#)

Join the Harris Health team for the annual March for Babies, hosted by the March of Dimes. The event is a 4.5 mile walk held at the University of Houston on Sunday, April 28th, starting at 9am.

For more information, contact Meredith Yaker at Meredith.Yaker@harrishealth.org.
[Click here to join the team.](#)

All employees and spouses who participate in the March for Babies will receive 100 Premium Points on www.mycigna.com under the "Participate in a Healthy@Harris Special Event" category.



NEW Register for the 2019 BP MS150

Saturday, April 27 – Sunday, April 28

Registration for the [2019 BP MS150](#) cycling ride is open now!

Make sure to join the Harris Health System team when you register. The password to join the team is HHSforall2018.

[Click here to review the Harris Health System MS 150 FAQs.](#)

Everyone who participates in the 2019 BP MS150 on the Harris Health System team will receive 100 Premium Points on www.mycigna.com.

Wellness Booths

NEW Explore & Learn Booths

It's National Nutrition Month! The Harris Health dietitians and Employee Wellness will be hosting booths throughout the system in March. Stop by for a nutrition-related activity and learning opportunity. Everyone who stops by a booth will earn 5 Premium Points on www.mycigna.com and will be entered into a raffle for a gift card*.

*Only employees are eligible for the raffle.

[Click here for the schedule](#)

Online option: If you are unable to visit a booth, you may [complete this activity](#) and email it to EmployeeWellness@harrishealth.org by March 29, 2019 to receive credit.

Online Challenges

NEW Online Challenge: Fitbit Teamwalk Challenge

March 18 – April 28, 2019

The next online wellness challenge will be held in the Harris Health Fitbit group. If you have already joined the Harris Health Fitbit group, then you will automatically be registered for this challenge. You can opt out of the challenge at any time using your Fitbit app.

If you have not yet joined the Harris Health Fitbit group, [please click here for instructions on how to join.](#)

[Click here to read the challenge details and requirements for earning 250 Premium Points for this challenge.](#)

Livongo News and Programs

Livongo Diabetes Management Program

Who can join [Livongo](#):

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

NEW Livongo Hypertension Management Program

Hypertension (high blood pressure) is one of the biggest risk factors for cardiovascular disease. However, according to the American Heart



What you get:

Connected Meter: Automatically uploads your blood glucose readings to your secure online account and provides real-time personalized tips.

Support from Coaches When You Need It: Communicate with a coach anytime about diabetes questions, nutrition or lifestyle changes.

Unlimited Strips at No Cost: When you are about to run out, Livongo ships more supplies, right to your door.

Join now at go.livongo.com/harrishealth or by calling 800-945-4355 and use code: HARRISHEALTH.

For new participants, enroll and activate your meter to earn 200 premium points.

All participants who test their glucose a minimum of once per week for the entire month will earn 50 premium points for that month.

Association, improved blood pressure control can lead to significant health benefits. Each 20 mmHg decrease in systolic and 10 mmHg decrease in diastolic blood pressure is associated with a 50% decrease in the risk of death caused by heart disease.

The Livongo for Hypertension program is a new health benefit that makes living with high blood pressure easier by providing you with a connected monitor, a mobile app that gives personalized feedback, and one-on-one coaching.

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

Join now at go.livongo.com/harrishealth or by calling 800-945-4355 and use code: HARRISHEALTH.

To earn 200 Premium Points, you must enroll in the Livongo for Hypertension Program and check your blood pressure 5 times within the first two weeks of receiving your device.

In addition, you can earn 50 Premium Points for each month you check your blood pressure a minimum of four times. Please follow your doctor's advice for when and how often you should monitor your blood pressure.

Livongo and Free Diabetes Medications

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.](#)

NEW Diabetes Fairs

The Healthy@Harris team will be hosting a Livongo Diabetes Health Fair in February. We will be offering free nutrition counseling with a dietitian and A1c checks with our Cigna nurse and certified health coach. *This event is by appointment only and limited to Livongo Diabetes participants.* Each activity is worth 50 Premium Points on www.mycigna.com.

[Click here to view the flyer](#)



Quarterly HgA1c Check

Eligible Population: Livongo Participants

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 Latecia.Murphy@harrishealth.org.

Other Programs and News

NEW Cigna Behavioral Health & Well-Being

Cigna has expanded its suite of behavioral health offerings in collaboration with mental health and well-being technology companies Happify Health and Prevail Health. Cigna will add the companies' respective evidence-based digital platforms, Happify and iPrevail, to help customers build greater resilience, as well as cope with stress, anxiety and depression.

[Click here to view the Happify flyer.](#)

[Click here to view the iPrevail flyer.](#)

NEW Kelsey-Seybold March Health Check Newsletter

The topic for the March newsletter is colorectal cancer prevention.

[Click here to read the newsletter in English.](#)

[Click here to read the newsletter in Spanish.](#)

NEW Email List Sign Up

Employees and spouses can now sign up to receive the Healthy@Harris email communications to their personal email address. (Employees will continue to receive the newsletter in their work email inboxes as well.)

[Click here to sign up for the Healthy@Harris email newsletter.](#)

[Click here to sign up for reminders about Healthy@Harris seminars, events, etc., at your work location.](#)

[Click here to sign up for reminders for specific group exercise classes.](#)



Choose Healthier in Harris Health Cafeterias

The Choose Healthier program makes healthy food more accessible to employees. In the coming months, Food and Nutrition Services will be rolling out new, healthier food choices in our cafes, vending machines and catering menu.

Employees can now use their Harris Health Rewards points to purchase a \$5.00 voucher from the Harris Health Rewards site. This voucher is good towards any purchase of a Choose Healthier item.

[Click here for more information about Choose Healthier.](#)

To purchase a voucher, visit [Harris Health Rewards](#).

[Click here to view items that are currently available as part of Choose Healthier](#)

[Look for this label on Choose Healthier items.](#)

Group Exercise

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

All participants receive 20 Premium Points per group exercise class.

[Click here to sign up for emails about group exercise classes.](#)

NOTE: MyCigna is set up so that participants can only receive credit for one class per goal category per day. Group exercise classes fall under the "Participate in a Group Exercise Class or Recreational Sports Game or Achieve 10,000 steps in a day" category.

Harris Health Fitbit Group

Healthy@Harris now has a Harris Health Fitbit Group. This group will be accessible through your Fitbit smartphone app as well as online. All employees, plus spouses enrolled in the medical plan, will have access to join the Harris Health Fitbit group through their individual Fitbit accounts.

We will use the Harris Health Fitbit group to host step challenges and reward individuals for achieving 10,000 or more steps per day. Effective 9/1/2018 for the FY21 Premium Rewards Program, you MUST join the Harris Health System Fitbit group in order to participate in Harris Health Fitbit challenges and to receive 20 Premium Points on www.mycigna.com for each day that you record 10,000 steps.

If you have a Fitbit account and would like to join the Harris Health Fitbit group, [please fill out this online form](#).



Fitbit Marketplace

Discounted Fitbit Devices for employees & spouses

As an investment in your well-being, Employee Wellness is providing you preferred pricing on one (1) Fitbit Tracker of your choice through December 31, 2019.

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.

Fitbit Friends & Family Discount

Discounted Fitbit Devices for friends and family

Harris Health friends and family now have access to discounted Fitbit products.

[Click here to visit the Harris Health Friends and Family Fitbit Marketplace.](#)

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 2 purchases. (Once the promo code has been used for 2 purchases, it will no longer be active.)

Healthy@Harris FY21 Premium Rewards Program-Deadline 8/31/19

Participate 9/1/18 through 8/31/19

Rewards Effective: 3/1/20 (FY21)

[Click here](#) to view the FY21 Premium Rewards Program roadmap.

Please Note: 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. Rewards are effective March 1, 2020.

Step 1: Complete an annual physical exam with lab values by 8/31/19. (250 points)

Step 2: Complete the online health assessment by 8/31/19 (250 points)

Step 3: Earn at least 1,000 points by 8/31/19 (note 500 points are earned from step 1 & 2)

In addition to the \$1,200 in premium rewards, you have the ability to earn up to an additional \$400 in Amazon eGift



cards by being actively engaged in your health and well-being.

[Click here for more details.](#)

[Click here for the FY21 FAQs](#)

[Click here for the NEW Wellness Screening form.](#) Take this form to your physician to get credit for labs, biometrics and your physical.

[Click here to view the electronic presentation.](#) Participants will earn 50 premium points upon completion.

EAP

The Employee Assistance Program (EAP) offers professional counseling, telephonic support and online resources 24 hours a day, 7 days a week, all at no cost to you.

You and your eligible family members are entitled to up to 3 confidential, in-person EAP counseling sessions per incident.

Phone: 800-638-3327

Online: www.feieap.com username: hhs

[View the Employee Assistance Program flyer](#)

[View a brief video overview of the Employee Assistance Program](#)

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 FY21 Premium Rewards Program requirements.

Remember, the deadline to complete the FY21 Premium Reward Program is 8/31/2019.

Also, they can now access the [Healthy@Harris Wellness website](#).