



This Week in Wellness: December 4th – December 8th

Healthy Knowledge Webinar: Raising Healthy Kids

Raising healthy children sounds pretty simple: Good nutrition and 60 minutes of physical activity a day protects kids from obesity, diabetes, and a host of chronic diseases later in life.

These days though, health-conscious parents have to compete against a number of unhealthy temptations. As a parent, you play a key role in your children's choices and behaviors.

Join us for this Healthy Knowledge Seminar and learn how you can foster healthy habits in your children and help them be the best they can be!

All participants will receive 50 Premium Points for the FY20 Healthy@Harris Premium Rewards Program.

Upcoming seminars:

[Strawberry](#) – Monday, 12/4/2017, 12-12:30pm, Conference Room

[Baytown](#) – Tuesday, 12/5/2017, 12-12:30pm, Front Lobby Classroom

[Settegast](#) – Tuesday, 12/5/2017, 12-12:30pm, Large Conference Room

[Gulfgate](#) – Wednesday, 12/6/2017, 12-12:30pm, Large Conference Room

[Thomas Street](#) – Wednesday, 12/6/2017, 12:30-1pm, 3rd Floor Conference Room

[MLK](#) – Thursday, 12/7/2017, 12-12:30pm, Classroom A

[Casa de Amigos](#) – Friday, 12/8/2017, 12-12:30pm, Large Conference Room

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

Healthy Wage Weight Loss Challenge

January 5, 2018 and ends March 30, 2018

Gather your coworkers, friends, and family together to create a team of 5. Don't have a team? No problem – HealthyWage will match you up with one! Cost: \$70 or \$23.33/month for 3 months.

Prizes: Participants who submit a verified starting AND ending weight will **receive 250 Premium Points**.

WIN \$10,000 for 1st place, \$5,000 for 2nd place, and \$3,000 for 3rd place. **Plus MORE cash prizes!** Please note: this is a national competition. Harris Health teams will also be competing against other teams across the country for cash prizes.

[Click here to register](#) for the challenge, view the FAQs and challenge rules.

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

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.

Cigna Onsite Health Seminar: Holiday Survival

Wednesday, December 20, 2017

Times: 12pm, 12:30pm, 1pm and 1:30pm

Ben Taub Tower 4th Floor Conference Room

Too much to see, too much to do, too much to eat. The holidays are just too much fun – and they bring with them temptations to over-commit, overeat, overspend and often, as a result, to stress out. We'll help you get your plan in place to ensure that "the most wonderful time of the year" really is. It's time to put a stressbusting plan in motion.

All participants will receive 50 Premium Points.

Explore & Learn Booths

The theme for December is Holiday Drinks! Stop by for a quick activity and receive a small giveaway (while supplies last).

Everyone who completes the activity will earn 5 Premium Points and can enter their name into a raffle for a cooking apron!

[View the Explore & Learn Booth schedule here.](#)

Online Wellness Challenge: Oh What Fun: Healthy Holiday Challenge

November 13th through January 7, 2018

Tis the time of year when demands on your time and energy can be limited.

Challenge yourself to stay active and enjoy a virtual journey from the first Thanksgiving Day football game to famous holiday homes, like the Griswold's and Home Alone. This eight-week challenge runs from November 13th – January 7, 2018. Everyone who achieves 448,000 steps (average of 8,000 steps per day) will earn 250 Premium Reward Points.

Click here to [register](#) for the challenge.

[Click here](#) to view the challenge flyer and [here](#) for the instructions.

December Top Health Newsletter

This month's newsletter features tips on healthy aging, cold-weather workouts, mindful eating, and volunteering.

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

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

2018 BP MS150 Bike Ride

April 28th and 29th

Houston-to-Austin

Fundraising Minimum: \$400

The [BP MS150](#) is a two-day fundraising bike ride (from Houston to Austin, TX) benefitting those affected by Multiple Sclerosis. The registration fee is \$110 (25% discount available if you use the code BikeVIP). The team password is HHSforall2018.

If you're interested in joining the Harris Health System BP MS150 Team, please complete the Rider Information Sheet and return it to Employee Wellness by January 12, 2018.

Click here for the [Harris Health System Rider Information Sheet](#). It must be turned into Employee Wellness by 1/12/18. Note: you MUST also register on the [official BP MS150 website](#) to participate in the event.

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

Please contact [Employee Wellness](#) or [Bill Howard](#), our team captain, if interested in participating. Training rides will begin immediately.

Prevent T2-Diabetes Prevention Program 9250 Kirby, Ben Taub, LBJ & Smith Clinic

We are offering a Type 2 Diabetes Prevention Class Series at 9250 Kirby, Ben Taub, LBJ, and Smith Clinic. In this class series, you will gain the knowledge and skills to make healthy and sustainable lifestyle changes. 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.

[Click here for more details on the Prevent T2 class.](#)
[Click here to view the full class schedule.](#)

All participants will receive 50 Premium Points per class completion.

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 by January 31st, 2018, will receive **50 Premium Points** on 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.

Houston Healthy For Good Celebration and Heart Walk

December 9, 2017

Texas Medical Center

Join us for a family friendly, free, community festival! Spend the day with us and enjoy a variety of activities around the four pillars of Healthy for Good including a 5k walk, kid's obstacle course, yoga, cycling, farmer's market, hands-only CPR training and more.

[Click here to Register!](#)

[Click here](#) for more information.

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 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.

register.livongo.com/HARRISHEALTH

- Registration Code: HARRISHEALTH

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 month. Rewards are effective March 1, 2019.

Step 1: Complete an annual physical exam with lab values by 8/31/18. (250 points)

Step 2: Complete the online health assessment by 8/31/18 (250 points)

Step 3: Earn at least 1,000 points by 8/31/18 (note 500 points are earned from step 1 & 2)

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.

[Click here for more details.](#)

[Click here for the FY20 FAQs](#)

Group Fitness Info

[Click here to view the 2017 Group Fitness Schedule.](#)

[Click here to sign up to receive e-mail notifications for group fitness classes.](#)

[Click here to sign up for sports.](#)

Liability waivers are required for all group fitness participants, including spouses and dependents. [You can complete the waiver on our intranet site here \(employees only\).](#) You can access a [blank paper version of the form here](#) – please print, sign, and e-mail to employeeewellness@harrishealth.org or fax to 832-487-2978.

Harris Health Rewards Points Update

Starting September 1st, 2017, Employee Wellness will no longer offer Harris Health Rewards points for participating in wellness activities. This change is due to budget constraints. You will receive Harris Health Rewards points for qualifying activities that took place before September 1st, 2017. However, Harris Health Rewards points will not be awarded for any Employee Wellness activities that take place on or after September 1st, 2017.

If you are enrolled in the employee medical plan, you will be eligible to receive Premium Points for the Premium Rewards Program for participating in Employee Wellness activities.

Contact Info

[Visit our intranet website.](#)

Questions? Contact us at employeeewellness@harrishealth.org or 713-566-6686.

qualify for an opportunity to earn the same reward by different means. Contact Morgan Simmons at 713.566.4391 or via email at Morgan.SweetonSimmons@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.