



# Wellness Champions Meeting

April 2022  
Q3 – Month 2

**HARRISHEALTH SYSTEM**

# Agenda

- Connecting
- May Happenings
- Wellness Champion Program Review
- FY24 Rewards Program Review
- Wellness Communications Review

# Employee Wellness Team



**Michele Hunnicutt, MSHP, CHES, CWWPC**  
Director of Employee Wellness & EAP



**Courtney Karam, MPH, CHES**  
Sr. Employee Wellness Coordinator



**Ellen Ogedegbe, M.Ed., CHES, CWC**  
Employee Wellness Coordinator



**Haley Love, MPH, CHES**  
Employee Wellness Coordinator



**Laticia Murphy, M Ed, RN, BSN, CHES**  
Cigna Onsite RN Health Coach



**Leah Garcia Campbell**  
Cigna Sr. Client Engagement Manager



**Crystal Cunningham**  
Cigna Onsite Client Service Partner

# Connecting with Wellness Champions

## Social

- Our next social will be IN PERSON at Field Day!
- Check in at the Field Day booth to receive credit.
- Socials are optional but can count as your monthly activity.

## Webex Team

- A space to connect and share easily outside of meetings.
- You should see “Wellness Champions 2021-2022” under Teams in your Webex app.

## Directory

- Click here to access the [Wellness Champion directory](#)
- Review your listing and make sure everything is correct.

# May Happenings

# Announcements

# We're back in person!

- We have resumed in-person activities, including workshops, classes, booths, and special events across the system.
- If you are unable to attend the in-person activities, you can access eLearning activities via [Saba](#).
- See the schedule:
  - [Employee Wellness Event Calendar](#)
  - [May In-Person Activities](#)

# Celebrate Nurses Week

The Healthy@Harris team will be offering in-person and virtual activities to celebrate our amazing nurses during Nurses Week 2022.

**Dates:** May 9-13

**Activities:**

- Meditation (20 wellness points)
- Positive Petals Workshop (50 wellness points)

[Schedule for Nurses Week Activities from Employee Wellness](#)



# LBJ Gym Reopening

The LBJ Gym reopened on Tuesday, April 26! Harris Health System employees and Medical Staff Services who have received clearance through Employee Wellness and DPS can use the gym.

**Location:** LBJ Annex 2nd Floor Room 260

**Hours:** Open 24/7 (closed for cleaning from 8:30 - 10pm daily)

## For access to the LBJ gym:

1. [Click this link](#) to submit both the liability waiver and the fitness center rules.

Please note: It could take up to 1 week from the time you submit the forms to gain badge access.

# Employee Assistance Program (EAP)

FEI has joined forces with AllOne Health, and as a result your Employee Assistance Program (EAP) now provides greater access and expanded services.

- As a Harris Health employee, you and your family have access to licensed professional counselors, work-life specialists, legal and financial experts.
- Create a new account to access services. [See step-by-step instructions here.](#)

## Contact:

- 1-800-638-3327
- <https://myassistanceprogram.com/fei/>
- Company code: hhsEAP
- [More information](#)

# Celebrate You Event

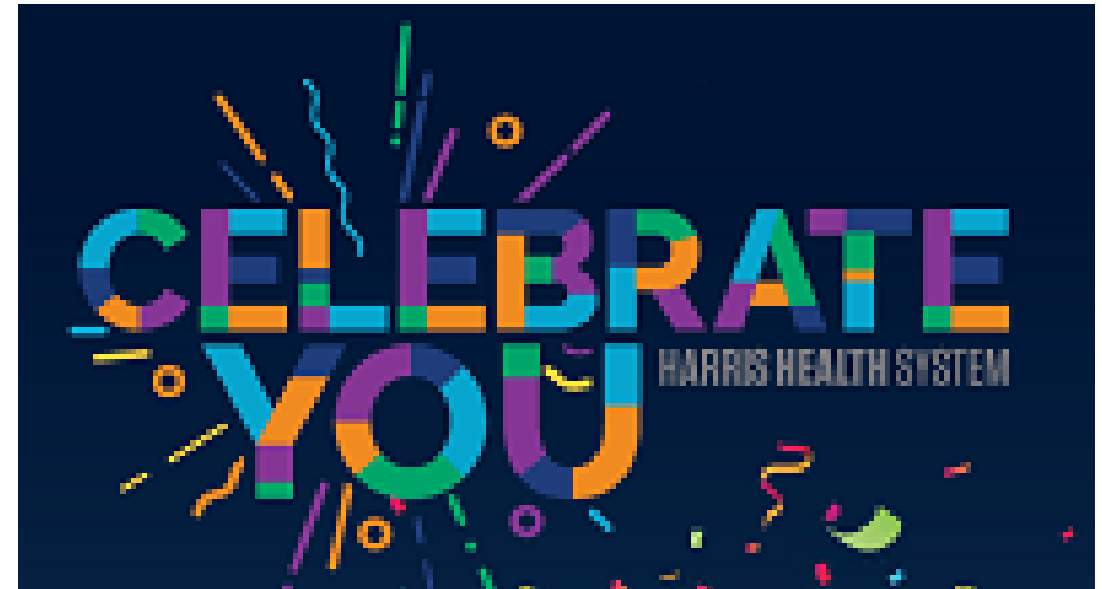
Saturday, May 14

8 a.m. – 8 p.m.

4800 Fournace Place

Bellaire, TX 77401

[REGISTER HERE](#)



# Special Events

# Poker Walks

- Join us for our annual Healthy@Harris Poker Walks! These walks will be held throughout the month of May at the locations listed below.
- Each location will have a specific walking route. Each route will have 4-5 stops. As you walk along the route, you will collect a playing card at each stop. At the end of the walk, the participant(s) with the best poker hands at each location will receive a prize!
- All participants will receive 100 Wellness Points under the “Attend a Healthy@Harris Special Event” category on [www.mycigna.com](http://www.mycigna.com).

[VIEW SCHEDULE](#)



# Field Day

Field Day will be held in conjunction with the Celebrate You event. We need MORE teams! Create a team or join the Wellness Champion team.

- Date: Saturday, May 14, 2022
- Time: 8am - noon
- Location: 4800 Fournace Place, Bellaire, TX 77401

The Team Tournament will have 5 events:

1. Giant Volleyball
2. Giant Foosball
3. Obstacle Course Relay,
4. Dodgeball
5. Mini games (tug-of-war, pony races, 5-legged race).

Each team will play in all 5 events at a scheduled time. Teams will receive their schedule the week before the event.

100 Wellness Points will be rewarded to all Field Day participants. In addition, the team with the highest total score from all 5 events will win 100 points and have their team name engraved on our Field Day Cup! 50 points will be rewarded to the 2nd and 3rd place teams.

[REGISTER HERE](#)



# Wellness Booths

# Explore & Learn

\*You can only receive credit for one wellness booth per day.

- Topic: Positive Poetry
  - [Click here for virtual option.](#)
  - Complete by May 31, 2022





# One-on-One Fidelity Consultation

\*You can only receive credit for one wellness booth per day.

- Let an experienced Fidelity representative help you develop a comprehensive retirement and investment plan that aligns with your overall financial goals.
- To schedule:
  - Call 800-642-7131 or
  - Schedule Online:
    1. Login to your Fidelity account
    2. Enter Harris Health System as the employer name
    3. Select Virtual Appointment or Phone as the appointment type
    4. Choose a date that works for you.
- All Harris Health employees and spouses on the Harris Health medical plan are eligible for 5 Wellness Points for talking with a Fidelity consultant or for attending an Ask Fidelity Session, and these activities fall under the Explore & Learn Booth or Laser Coaching Session on MyCigna.

[REGISTER HERE](#)



# Ask Fidelity: Understanding Your Options When Saving for College

\*You can only receive credit for one wellness booth per day.

- Thursday, May 19
- 12:00 – 12:30pm

Your child's college costs may be one of the largest expenditures you ever make. Gain a basic understanding of how to start saving now and the different saving and investing options.

[REGISTER HERE](#)



# Healthy Knowledge Seminars

# Healthy Knowledge Seminars

\*You can only receive credit for one Healthy Knowledge Seminar per day.

\*You can receive 50 Wellness Points per Healthy Knowledge Seminar completed.

## EAP Webinars

Preventing Burnout, Refreshing Your Perspective

Wednesday, May 11

12 – 1pm

[REGISTER](#)

## Fidelity Webinars

Manage Unexpected Events & Expenses

Wednesday, May 17

11:00am – 12:00pm

[Login to Fidelity to Register](#)

## Kelsey-Seybold Webinars

Healthy Habits for Fertility and Pregnancy

Wednesday, May 4

12:00 – 12:30pm

[REGISTER](#)

Healthy Living in the Fast Lane: Preventing Sports Injuries - Good Body Mechanics!

Thursday, May 18

12 – 1pm

[REGISTER](#)

## Other

Ergonomics and Hand Health Webinar

Wednesday, May 25

12 – 1pm

[REGISTER](#)

**50**  
Wellness  
Points

# Wellness Workshops

# Wellness Workshops

\*You can only receive credit for one Wellness Workshop per day.

\*You can receive 50 Wellness Points per workshop completed.

## Topics

- Appreciate
- The Power of Mindset

## Details:

- In-Person and recorded via Saba
- Open to employees & covered spouses

## Schedule:

- [Employee Wellness Event Calendar](#)
- [In-Person Schedule](#)



# Wellness Classes

# Wellness Classes

- \*You can only receive credit for one Wellness Class per day.
- \*You can receive 50 Wellness Points per class completed.

## Topics:

### Connecting with Our Kids (3 classes)

- Learn how to build and keep a strong bond with your kids

### Well-Powered Living 4.0 (4 classes)

- Live your most fulfilling life and build character along the way

### The Power of Emotional Intelligence (3 classes)

- Learn to identify, understand and manage our emotions for personal and professional success.

## Details:

- In-Person and recorded via Saba
- Open to employees & covered spouses

## Schedule:

- [Employee Wellness Event Calendar](#)
- [In-Person Schedule](#)

**50**  
Wellness  
Points



# eLearning

\*You can receive credit for one wellness class, one healthy knowledge seminar and one wellness workshop per day.

\*You can receive 50 Wellness Points for each.

## For Spouses on the Medical Plan and Employees

- Access via [Saba LMS](#)
- Must score at least 70% on the assessment to receive credit
- Search “Healthy@Harris” or browse the “Healthy@Harris” category.
- [Follow these steps](#) to add your spouse’s email address to Peoplesoft and ensure your spouse has access to all Healthy@Harris activities.

[Click here for instructions on how to access.](#)



# Livongo Programs

# Livongo Programs

## Livongo Diabetes\* & Hypertension\*\* Management Programs

- 200 Wellness Points for enrolling & activating (once per lifetime)
- 50 Wellness Points for testing 4 times per month or more
- **Register:** [go.livongo.com/harrishealth](https://go.livongo.com/harrishealth) or call 800-945-4355 and use code: HARRISHEALTH.
- [Learn more.](#)



## Free Quarterly HgA1c Checks (Currently on hold)

- All employees and spouses enrolled in Livongo for Diabetes can receive free quarterly HgA1c checks
- For more information: email [Latecia.Murphy@cigna.com](mailto:Latecia.Murphy@cigna.com)

## Free Medications

- Participants enrolled in the Livongo Diabetes and/or Hypertension Management Program(s) who use their Livongo meter/monitor to log their glucose/blood pressure at least 4 times per month will be eligible to receive free diabetes and/or anti-hypertensive medications effective the 15<sup>th</sup> of every month.
- [Learn more!](#)

# Livongo Programs

\*You can only receive credit for one Livongo DPP Lesson per day.

\*You can receive 50 Wellness Points per lesson completed.

## Livongo Diabetes Prevention Program (DPP)

- Year-long program to lose weight and establish healthy lifestyle habits
- Includes smart scale, coaching, personal meals plans and more
- No cost to employees and covered spouses under the age of 65 who are enrolled in the Harris Health Medical Plan and qualify for the program.
- [Register here](#) or call **(800) 945-4355** with your code: **HARRISHEALTH**

If you are not eligible for Livongo DPP, you may be eligible for Wondr (formerly Naturally Slim).



# Wondr (formerly Naturally Slim)

# Wondr (formerly Naturally Slim)

\*You can receive 50 Wellness Points for one Wondr session per day.

- Year-long program
- Losing weight, reducing sugar intake, and being physically active are the keys to improving blood glucose levels.
- Participation is based on health criteria. To ensure accuracy of eligibility, please submit a [Wellness Screening Form](#) to Cigna
- 50 Wellness Points per completed Wondr session

If you are not qualified for this program, you may be qualified for the [Livongo Diabetes Prevention Program](#).

## REGISTRATION INFORMATION



# Fitness

# Fitness

\*Employees MUST have a 2022 liability waiver on file to participate.

## 24 Hour Fitness Partnership

We are excited to announce our partnership offers special (month to month) pricing to all of our employees and their families! Enrolling is easy! Simply follow the link below and enter Corp to join, or stop in your local club and bring your company ID, badge or paystub and get started! AND, when you sign up, you'll receive a Fit Appointment at your club of choice, FREE!

To enroll:

1. [Click here - HHS Enrollment Portal](#)
2. Use code: 102957

### Membership Offers:

- Friendly & experienced staff
- Individual fitness planning & guidance
- Personal Training \*Extra FEE
- Group Exercise classes including Zumba, spin/24cycle, Body Pump & many more
- Cardless entry
- Free fitness tools/newsletters/tips online
- Corporate rate discount applies to friends & Family
- [24GO APP](#)
- Virtual Programs

[CLUB LOCATION FINDER](#)

[More Information](#)



# Fitness

\*Employees MUST have a 2022 liability waiver on file to participate.

## Fournace Fitness Center

- Hours: Monday – Friday, 7am – 7pm
- For 4800 Fournace employees ONLY
- Masks and distancing required
- No Wellness Points offered at this time
- [FAQ](#) and [Photos](#)

**Follow the steps below to join:**

1. Register and sign a waiver for Quality Fitness [here](#).
2. [Click this link](#) to submit the liability waiver.

## LBJ Fitness Center – NOW OPEN!

- **Location:** LBJ Annex 2nd Floor Room 260
- **Hours:** Open 24/7 (closed for cleaning from 8:30 - 10pm daily)

**For gym access:**

1. [Click this link](#) to submit both the liability waiver and the fitness center rules.

Please direct any questions or concerns to [morgang@qualityfitlife.com](mailto:morgang@qualityfitlife.com)

# Fitness

- \* You can only receive credit for 10k steps a day AND one group exercise OR one rec sport per day.
- \* Employees MUST have a 2022 liability waiver on file to participate.

## Virtual Stretch Classes

- Monday, Wednesday, Thursday & Friday at 10am
- Tuesdays & Fridays at 2pm
- Take a 15-minute stretch break!
- No equipment needed.
- Category: Group Exercise

## In-Person Walks at Fournace

- Mondays at 9am
- Take a 30-minute walking break to start your week on the right foot!
- No equipment needed.
- Category: Group Exercise

Register via the [Employee Wellness Calendar](#)



# Fitness

- \*You can only receive credit for either 10k steps a day AND one group exercise OR one rec sport per day.
- \*Employees MUST have a 2022 liability waiver on file to participate.

## Fitbit

- **NEW!** Fitbit Premium is now available to everyone in the Harris Health Fitbit Group – free for 1 year! [Click here for more information.](#)
- 20 Wellness Points for 10k steps/day
- [Join the Harris Health Fitbit Group](#)
- You MUST join the Harris Health Fitbit Group to participate in Harris Health Fitbit challenges and to receive 20 Wellness Points.

## Discount

- [Employee & Spouse Marketplace](#) – one code per lifetime
- [Friends & Family Marketplace](#) – up to 5 discounted devices



# Fitness

- \*You can only receive credit for either 10k steps a day AND one group exercise OR one rec sport per day.
- \*Employees MUST have a 2022 liability waiver on file to participate.

## Cigna Apps & Activities

- You can earn points using activity trackers other than Fitbit (ex. Apple Watch, Garmin, etc.) through Cigna Apps & Activities.
- You set goals and earn Cigna stars by accomplishing your goals.
- 20 Cigna stars = 100 Wellness Points
- [CLICK HERE](#) for more information on getting connected.



# Fitness

- \*You can only receive credit for either 10k steps a day AND one group exercise or one rec sport per day.
- \*Employees MUST have a 2022 liability waiver on file to participate.

## Recreational Sports

- Spring registration is open!
- Team captains must submit a [registration form](#) to [employeewellness@harrishealth.org](mailto:employeewellness@harrishealth.org) and [corey@sportsmonkey.com](mailto:corey@sportsmonkey.com)
- All team members must have a completed [liability waiver](#) on file for 2022.
- [2022 Sports Calendar](#)
- [CLICK HERE](#) for more registration details.
- 20 Wellness Points per game



# Other Programs and Cigna News

# Ongoing Programs

## Employee Assistance Program (EAP)

- 800-638-3327  
<https://myassistanceprogram.com/fei/>  
Company code: hhsEAP
- [More information](#)

## Choose Healthier in Harris Health Cafeterias

- Look for Choose Healthier label on products and flyers in the cafés.
- Employees can use Harris Health Rewards points to purchase a \$5 voucher and can use it toward any purchase of a Choose Healthier item.
- [More information.](#)



# Ongoing Programs

## Cigna Healthy Pregnancies, Healthy Babies™ Program

- Telephonic coaching program that involves speaking with a Cigna maternity nurse once a month throughout your pregnancy, and concludes with one post-delivery call.
- Employees on the Harris Health medical plan and their covered spouses are eligible to earn Wellness Points for completing this program.
- **Enroll:** Call 1-800-615-2906
- [View flyer.](#)

\*Participants who enroll in their 1st trimester are eligible to receive 400 Wellness Points.

\*Participants who enroll in their 2nd trimester are eligible to receive 200 Wellness Points.





# Ongoing Programs

## Telephonic Cigna Coaching

- Achieve your health goals with the help of a trained Cigna health coach, even when faced with frustrating ups and downs related to a long-term health condition such as hypertension, hyperlipidemia, congestive heart failure, asthma, depression, diabetes, low back pain, COPD etc.
- One-on-one sessions
- Contact:  
Latecia Murphy  
Office: 713-873-6407 or Cell: 281-723-5225  
Latecia.Murphy@harrishealth.org or [Latecia.Murphy@Cigna.com](mailto:Latecia.Murphy@Cigna.com)
- [View flyer.](#)

\*200 Wellness Points awarded after completion of coaching

\*Must be enrolled in the Harris Health System Medical Plan to be eligible for coaching.



# NEW! Cigna's Preterm Birth Prevention Program

Cigna has created a special program, filled with support and supplies for you during your pregnancy. It's based on the latest medical science and comes at no additional cost to you. Here are some of the great offerings you can take advantage of through this program:

- A Cigna nurse advocate with obstetrician (OB) experience and training will support you through your pregnancy
- You'll also receive free home delivery of recommended medications to last for your entire pregnancy
- Transportation to prenatal visits and testing for those with transportation challenges

**[MORE INFORMATION](#)**

# Wellness Champion Program Review

# Your Role

## A Wellness Champion is:

- Passionate about promoting a culture of health and wellness.
- Committed to the success of the Healthy@Harris program.
- Available to meet at least once a month for 30 minutes. Meetings are held on the last Friday of each month.
- Available to perform at least one wellness promotion activity each month as indicated on the performance scorecard.
- Able to engage up to 200 employees at your designated location(s)

**\*This is a volunteer position, and you are promoting health and wellness to employees both within and outside of your department.**

# Get Rewarded!

**Effective September 1, 2021– August 31, 2022**

## **Reward:**

- 2,500 Recognition Connection Points quarterly
- Awarded each quarter (up to 10,000 total per program year)

## **Eligibility:**

- Attend minimum 2/3 monthly WebEx meetings per quarter
- Complete 1 or more activities per month – we encourage you to do more!
- Turn in one scorecard each quarter
- Champions remain eligible for rewards throughout the program.

# Quarters & Scorecard Due Dates

**Q1**

September 1, 2021 – November 30, 2021  
**Scorecard Due: December 10, 2021**

**Q2**

December 1, 2021 – February 28, 2022  
**Scorecard Due: Friday, March 11, 2022**

**Q3**

March 1, 2022 – May 31, 2022  
**Scorecard Due: June 10, 2022**

**Q4**

June 1, 2022 – August 31, 2022  
**Scorecard Due: September 9, 2022**

# FY24 Healthy@Harris Rewards Program

# FY24 Rewards Program Updates

**DEADLINE: August 31, 2022**

Healthy@Harris Rewards is now available for ALL active full-time and part-time employees!

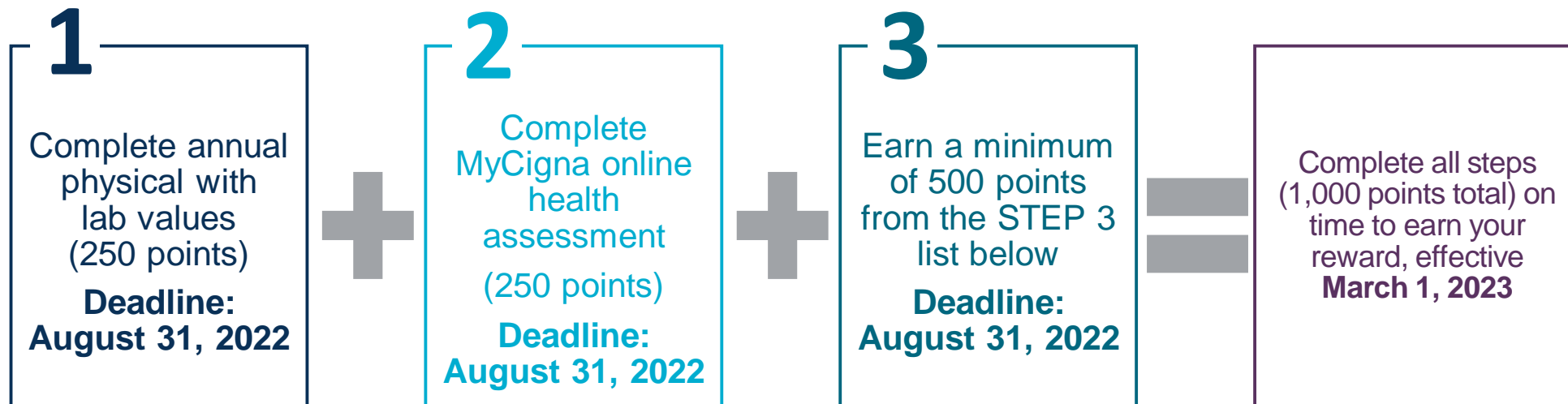
- Medical plan participants will earn a \$100 per month discount on the cost of their medical premiums effective March 1, 2023.
  - If you have a covered spouse on the Harris Health Medical Plan, both you and your spouse must each complete the program to be eligible for the \$100 per month in premium rewards. If only one person completes the program, then the premium reward will be \$50 per month.
- If you're not enrolled in a Harris Health medical plan, and you are a full-time or part-time employee, you can earn a \$25 Amazon eGift Card!



# FY24 Rewards Program Requirements

**DEADLINE: August 31, 2022**

Now for ALL active full-time and part-time employees!



**DON'T FORGET!**

- 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 full premium rewards.
- If you go above and beyond the 1,000-point requirement, you may be eligible for extra rewards!

# FY24 Rewards Program Gift Cards

## HEALTHY@HARRIS, GO PLATINUM

When you get a good momentum going toward your health goals, it's rewarding to go the extra mile! In addition to the Healthy@Harris Rewards program listed on the previous pages, you have the ability to earn additional gift cards for being actively engaged in your health and well-being. See the chart below for details on how to earn extra rewards.

### HEALTHY@HARRIS REWARDS PROGRAM 9/1/21 – 8/31/22

BRONZE	GOLD	PLATINUM
<ul style="list-style-type: none"> <li>• Complete Annual physical, Health Assessment and earn 1,000 points</li> <li>• Earn applicable premium reward discount if on a Harris Health medical plan or a \$25 Amazon eGift card net of taxes* if you're not on a Harris Health medical plan (Full-time and part-time Harris Health employees only)</li> </ul>	<ul style="list-style-type: none"> <li>• Complete Bronze level and earn a total of 3,000 premium points</li> <li>• Earn Bronze level reward plus a <b>\$50 Amazon eGift Card</b> net of taxes*</li> </ul>	<ul style="list-style-type: none"> <li>• Complete Bronze level and earn a total of 4,000 premium points</li> <li>• Earns Bronze and Gold level rewards plus a <b>\$100 Amazon eGift Card</b> net of taxes* and special recognition</li> </ul>

Amazon eGift Cards will only be rewarded on a monthly basis and distributed by our vendor partner to your Harris Health email address. eGift cards are sent from [no-reply@hawkmarketplace.com](mailto:no-reply@hawkmarketplace.com).

\*Applicable federal, state, and local tax withholding will occur. A minimum tax rate of 32.65% is to be anticipated and may be adjusted accordingly as the law demands.

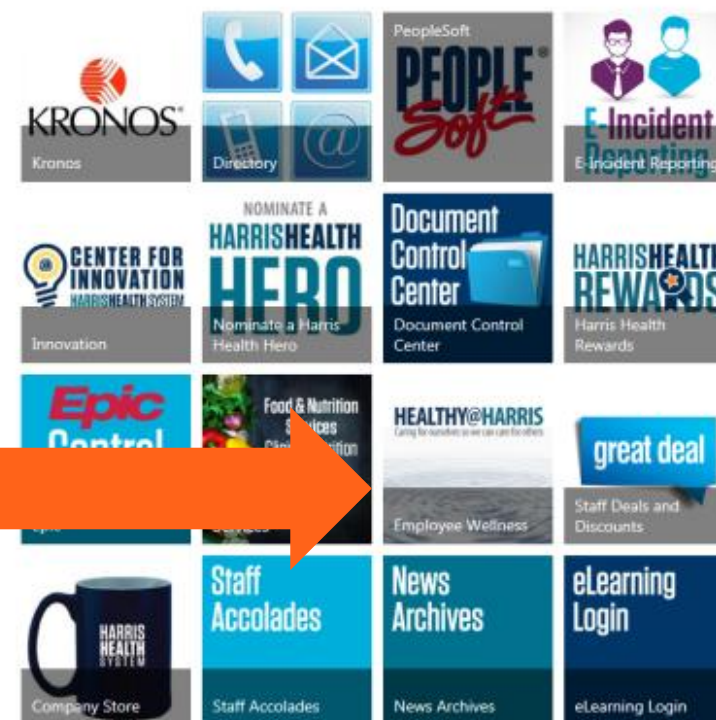
# FY24 Rewards Program Resources

- [Employee Wellness Website](#)
- [Healthy@Harris Rewards Program FAQ](#)
- [Program Overview Video](#) (50 wellness points)

# Wellness Communications

# Employee Wellness Communications

- [Healthy@Harris Employee Wellness Website](#)
- [Healthy@Harris Happenings Monthly Newsletter](#)
- [Healthy@Harris This Week in Wellness Newsletter](#)
- Beat Briefs: Weekly
- [Quarterly Scorecard \(Need Tableau Reader\)](#)
- [Program Year-End Report](#)



# Employee Wellness Communications

# Upcoming Meetings

- Friday, May 27 at 12pm

Monthly Meetings are generally on the last Friday of each month. Please contact me if you don't have the recurring Outlook calendar invite from Employee Wellness that goes through August 31, 2022.



Contact Us!

**HEALTHY@HARRIS**  
Caring for ourselves so we can care for others

346-426-1597

[employeewellness@harrishealth.org](mailto:employeewellness@harrishealth.org)

[Visit our website!](#)

