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

A Dose of Immunity
Wellness Workshop

Taught by the Harris Health Employee Wellness Team

HARRISHEALTH SYSTEM

Engaging and Earning Points

- **Chat Box**
  - Type questions, thoughts, examples, in the chat box. The more interaction the better.

- **Points**
  - You can only receive credit for one Wellness Workshop per day.
  - Confirm your employee ID is entered correctly when registering for Employee Wellness activities.
  - Please allow up to 4 weeks for 50 points to be reflected in MyCigna.

- **Calling in**
  - If you called in, make sure your phone number is connected to your registration ID in the participant list.
  - If not, Webex will not count you as attended. Please rejoin the Webex.
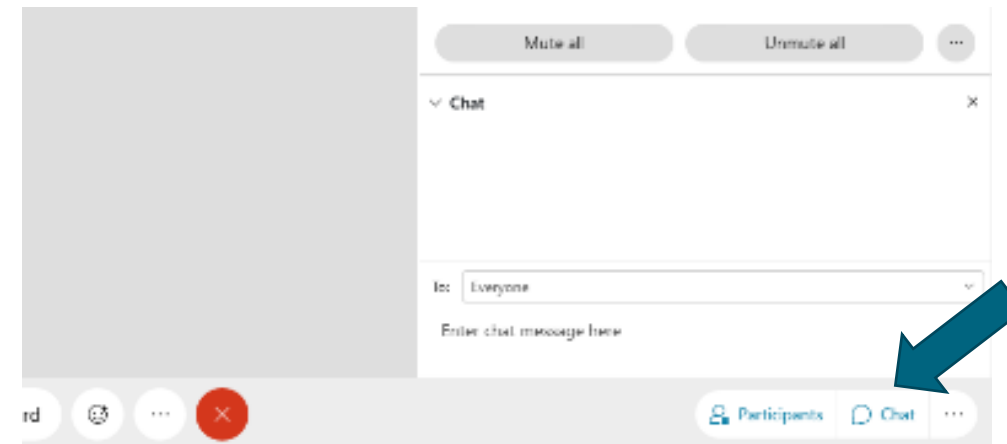
Employee Wellness Team

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Learning Objectives

- Define immunity

- Discuss the importance of the immune system

- Learn how to build immunity

What is the immune system?

"The immune system has a vital role: It protects your body from harmful substances, germs and cell changes that could make you ill. It is made up of various organs, cells and proteins." – *Institute for Quality and Efficiency in Health Care*

The immune system is made up of 2 subsystems:

• Innate

• Adaptive
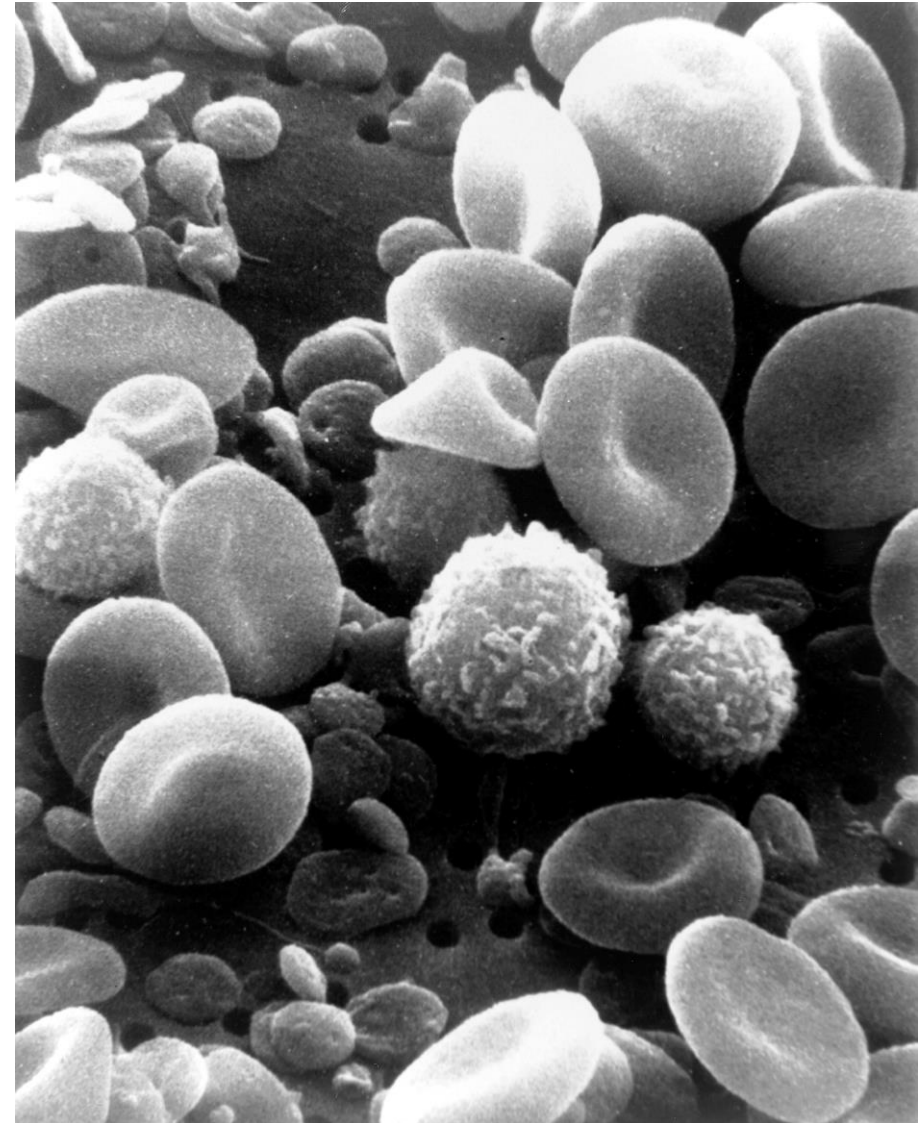
Why is the immune system so important?

How can you build immunity?

- It's simple - *practice wellness!*
  1. Eat healthily and enjoy nutritious meals.
  2. Exercise regularly and move more.
  3. Get enough sleep.
  4. Practice self-care

Healthy Eating and Nutrition

- Don't skip meals
- Snack smarter
- Drink more water
- Focus on whole foods

Exercise Regularly and Move More

- **Fit in 150+**
  Get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, preferably spread throughout the week.

- **Move more, sit less**
  Get up and move throughout the day. Any activity is better than none, and even light-intensity activity can offset the serious health risks of being sedentary.

- **Add intensity**
  Moderate to vigorous aerobic exercise is best. Your heart will beat faster, and you'll breathe harder than normal. If you can talk, but not sing, you're at about a moderate intensity.

- **Add muscle**
  Include moderate-to high-intensity muscle-strengthening activity (like resistance or weight training) at least twice per week.

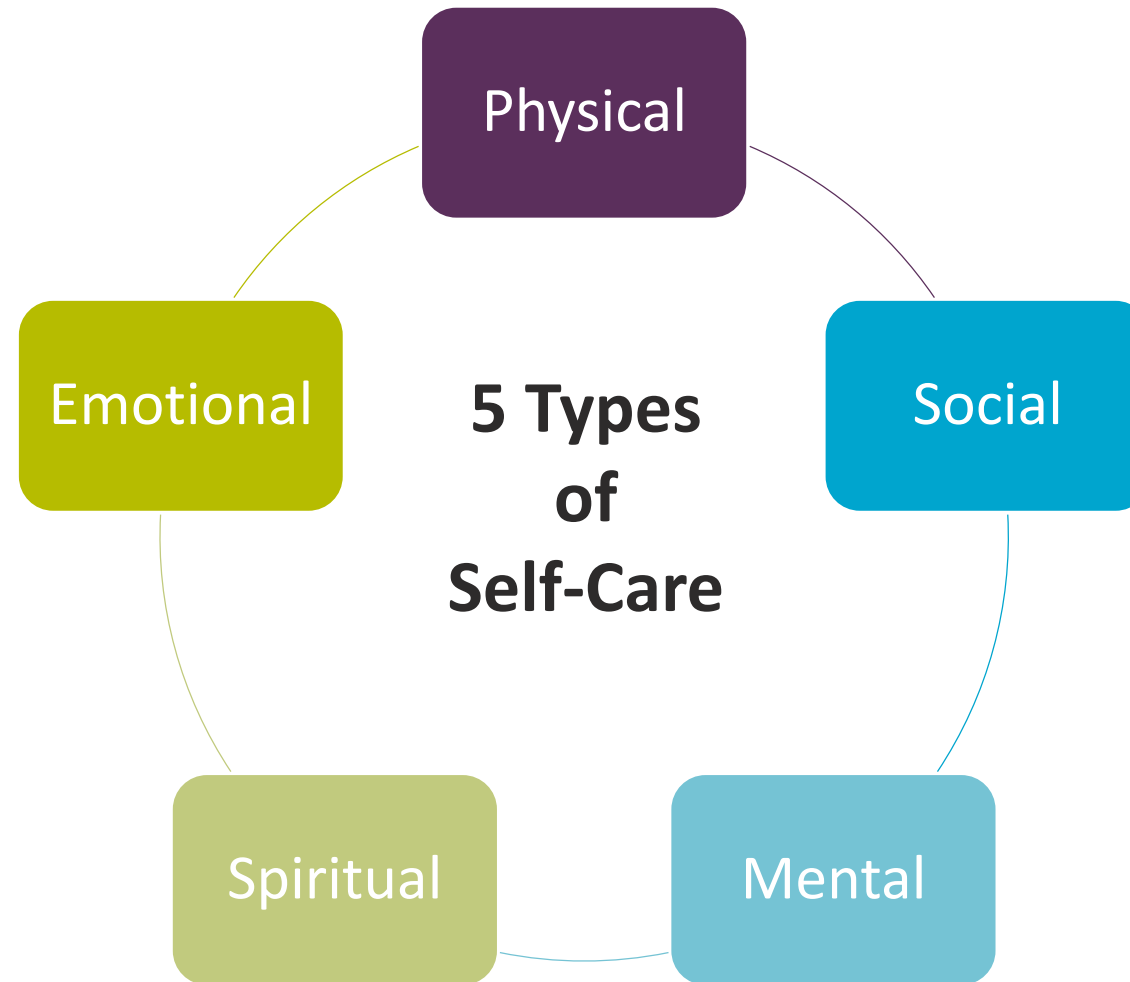Source: American Heart Association

Get Enough Sleep

- Sharper Brain
- Improved mood
- Healthier heart
- Athletic achievement
- Blood glucose control
- Improved immune function
- Weight control

"Sleep is the cheapest form of healthcare"
- Matthew Walker, PhD

Self-Care

Physical

Social

Mental

Spiritual

Emotional

5 Types of Self-Care

Self-Care & COVID-19

Resources

Stress Management, Depression and Counseling Services

- Employee Assistance Program
  - Online: www.feieap.com,
  - Username: hhs
- Well Powered Living 1.0, 2.0, 3.0 and 4.0
- Employee Wellness Workshops: Mindfulness, Meditation, Stretching etc.
- Cigna Behavioral Health
  - Visit **myCigna.com** or call the toll-free number on your Cigna ID card.
  - Call Cigna Behavioral at **800.274.7603**.
  - Go to **Cignabehavioral.com** for extra resources.
- Coaching
  - Telephonic health coaching: 855-246-1873
  - Onsite health coaching: Contact Latecia Murphy
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