



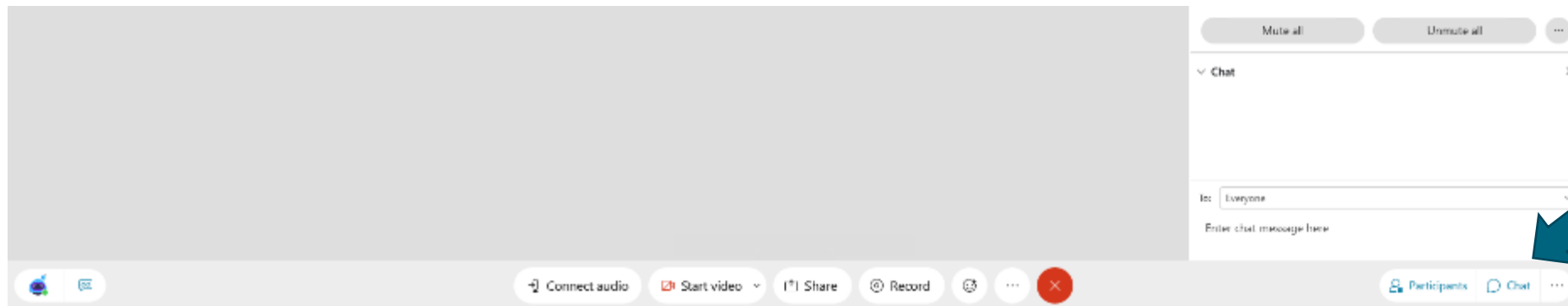
Healthy Brain, Healthy You

Taught by the Healthy@Harris
Employee Wellness Team

HARRISHEALTH SYSTEM

Engage and Interact

- **Questions** – Type questions, thoughts, examples, in the chat box, the more interaction the better.
- **Premium 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 Premium Points to be reflected in MyCigna.



Employee Wellness Team



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Cigna Onsite RN Health Coach
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Learning Objectives

- What is Brain Health?
- Brain Health & Causes of Cognitive Decline
- Caring for Your Brain



What is “Brain Health”?

- According to the American Heart Association,
“When your brain is healthy, it has the blood flow required for peak performance. A healthy brain is essential for living a long and full life. When your brain is healthy, you're better able to pay attention, solve problems, communicate, and much more.”

Fast Facts about Brain Health

- Failing brain health is a public health epidemic
- The brain begins showing signs of cognitive decline as a person enters their 20s
- 3 out of 5 Americans will develop a brain disease in their lifetime
- Total cost of Alzheimer's, dementia and stroke is expected to exceed \$1 trillion

Caring for Your Brain

- Life's Simple 7 – American Heart Association
 - *Manage Blood Pressure*
 - *Control Cholesterol*
 - *Reduce Blood Sugar*
 - *Get Active*
 - *Lose Weight*
 - *Eat Better*
 - *Quit Smoking*

Managing Your Blood Pressure

Livongo for Hypertension

Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

©American Heart Association

heart.org/bplevels

What you will get:

- A blood pressure monitor
- A mobile app that gives personalized feedback
- One-on-one health coaching
- 200 Premium Points for enrolling in the Livongo for Hypertension Program and checking your blood pressure 5 times within the first two weeks of receiving your device

If you check your blood pressure 4 times a month:

- You qualify for free hypertension medications on the 15th of the following month
- You receive 50 Premium Points

Control Cholesterol

Type of Cholesterol	Healthy Level
Total Cholesterol	Less than 170mg/dL
Non-HDL	Less than 120mg/dL
LDL	Less than 100mg/dL
HDL	More than 45mg/dL

- What is cholesterol?
- Types
 - Total
 - LDL
 - HDL
 - Non-HDL
 - Triglycerides

Brain Break!

What five-letter word becomes shorter when you add two letters to it?

Paul's height is six feet, he's an assistant at a butcher's shop, and wears size 9 shoes. What does he weigh?

Reduce Blood Sugar

Diabetes SELF-MANAGEMENT BLOOD SUGAR CHART	
FASTING	
Normal for person without diabetes	70-99 mg/dl (3.9-5.5 mmol/L)
Official ADA recommendation for someone with diabetes	80-130 mg/dl (4.4-7.2 mmol/L)
2 HOURS AFTER MEALS	
Normal for person without diabetes	Less than 140 mg/dl (7.8 mmol/L)
Official ADA recommendation for someone with diabetes	Less than 180 mg/dl (10.0 mmol/L)
HBA1C	
Normal for person without diabetes	Less than 5.7%
Official ADA recommendation for someone with diabetes	7.0% or less

Livongo for Diabetes

What you will get:

- A blood glucose meter
- Unlimited testing strips at no cost
- One-on-one health coaching
- 200 Premium Points for enrolling in the Livongo for Diabetes Program and activating your meter

If you check your blood glucose 4 times a month:

- You qualify for free diabetes medications on the 15th of the following month
- You receive 50 Premium Points

Get Active

- Physical activity increases your length and quality of life.
- Aim for 150 minutes of moderate aerobic activity or 75 min of vigorous aerobic activity per week.
- Do an exercise that you enjoy so you're more likely to stick with it!

**Remember, a healthy heart =
A healthy brain!**

Lose Weight

- Reduce the burden on your heart and feel better!
- Programs offered through Employee Wellness that can help:
 - Wondr™
 - Livongo for Pre-diabetes
- Before applying for either program, make sure you have an updated wellness screening form on file with Cigna

Brain Break!

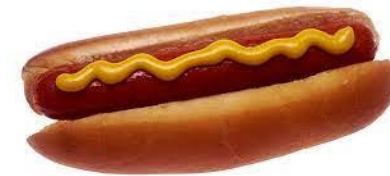
A man is looking at a photograph of someone. His friend asks who it is. The man replies, “Brothers and sisters, I have none. But that man’s father is my father’s son.” Who was in the photograph?

Eat Better

- **Enjoy**



- **Limit**



- **Avoid**



Quit Smoking

The CDC states that “smoking is still the leading cause of preventable disease, disability and injury in the U.S.”

Resources

- [Quit Tobacco Online Health Coaching Program](#)
- [Quitting Tobacco Discounts and Cigna Healthy Rewards®](#)
Get discounts on the health products and programs you use every day for:
 - Weight management and nutrition
 - Fitness
 - Quitting tobacco
 - Mind/body
 - Vision and hearing care
 - Alternative medicine
 - Healthy lifestyle

Brain Break!

Your parents have six sons including you and each son has one sister. How many people are in the family?

Resources

Heart Healthy Resources

- Livongo for Hypertension
- Livongo for Diabetes
- Livongo for Pre-diabetes
- Wondr Health
- Quit Tobacco Online Health Coaching Program
- Quitting Tobacco Discounts and Cigna Healthy Rewards®

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
 - Office: 713-873-6407
 - Email: Latecia.Murphy@harrishealth.org

Contact Us!

HEALTHY@HARRIS

Caring for ourselves so we can care for others

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[Visit our website!](#)



#1 in Texas

