

How to Earn Wellness Points in Saba

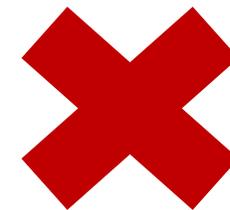
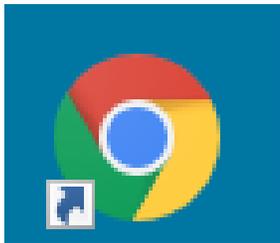
Presented by the Healthy@Harris
Employee Wellness Team

Outline

- Signing into Saba for employees and spouses
- Finding Healthy@Harris activities
- Registering for Healthy@Harris activities
- Accessing activities through the Employee Wellness Calendar
- Viewing Your Registrations
- Completing Healthy@Harris activities to earn wellness points

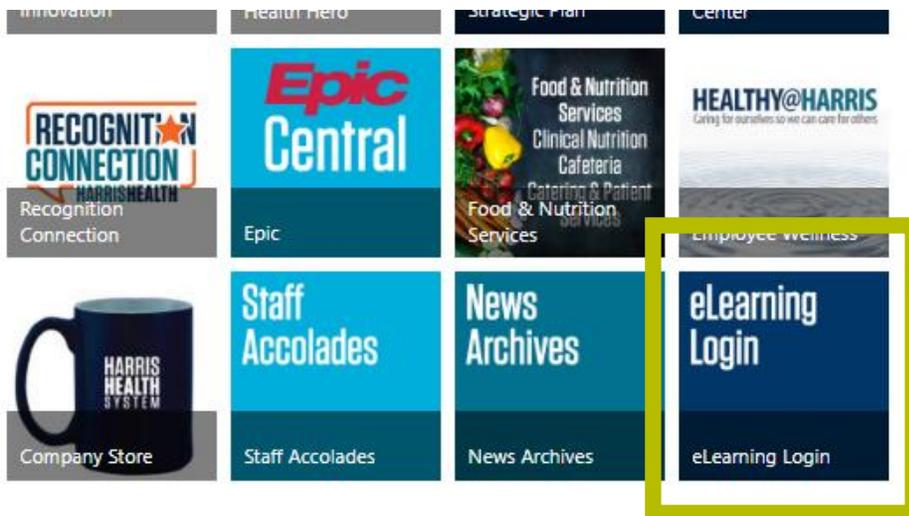
Signing into Saba

1. Use Google Chrome or Microsoft Edge.



Signing into Saba

Harris Health Intranet



Outside of the Harris Health Network

- Go to hhs.sabacloud.com.
- Enter your Harris Health login.

Signing into Saba for Spouses

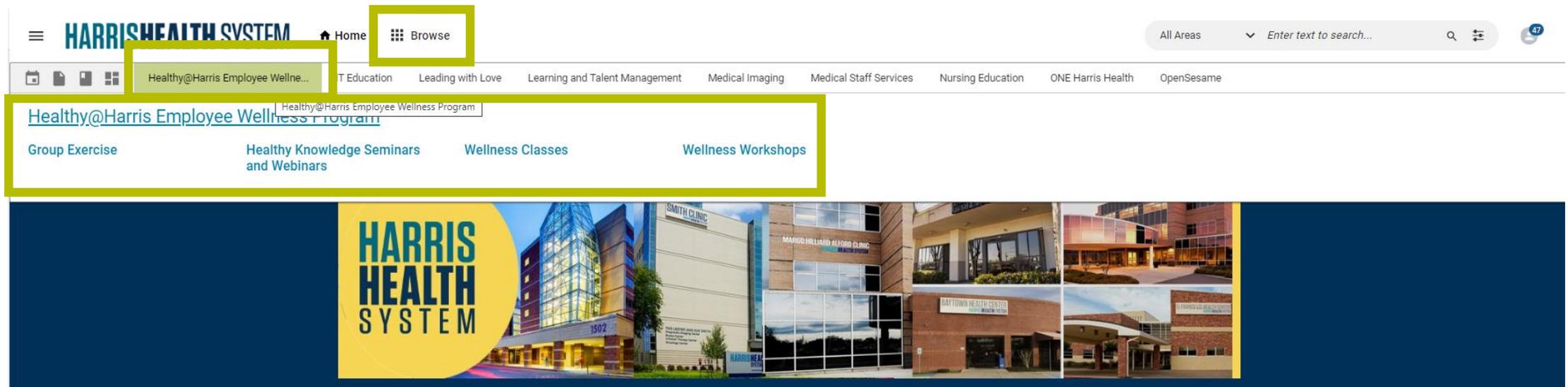
Spouses on the medical plan have access to Saba.

To create a spouse Saba account:

1. Employees, add your spouse's email address in Peoplesoft to get a Saba account created.
2. One week after, your spouse will receive an email with further setup information.
3. Spouses access Saba by going to hhs-wellness.sabacloud.com

Visit the [Employee Wellness eLearning page](#) for more details.

Finding Healthy@Harris Activities



Finding Healthy@Harris Activities

Wellness Workshops CLASSIC VIEW

All Learning Catalog Links Files Videos Groups

Owner ⋮

Sort By

Learning Catalog Show all

HEALTHY@HARRIS
ing for ourselves so we can care for o

V 1.0

Course (25 classes) 00h 30m

Healthy@Harris Wellness
Workshop: I Can Do Hard Things

Not Registered

Wellness Category: Wellness
Workshop 50 Wellness Points* *Plea...

☆☆☆☆☆ ⋮

HEALTHY@HARRIS
ing for ourselves so we can care for o

V 1.0

Course (1 class) 00h 30m

Healthy@Harris Wellness
Workshop: Positive Affirmations

Successful

Category: Wellness Workshop 50
Wellness Points* *Please allow up to ...

★★★★★ ⋮

HEALTHY@HARRIS
ing for ourselves so we can care for o

V 1.0

Course (1 class) 00h 30m

Healthy@Harris Wellness
Workshop: Outside My Window...

Not Registered

Category: Wellness Workshop 50
Wellness Points* *Please allow up to ...

★★★★★ ⋮

HEALTHY@HARRIS
ing for ourselves so we can care for o

V 1.0

Course (1 class) 00h 30m

Healthy@Harris Wellness
Workshop: Brain Power

Not Registered

Category: Wellness Workshop 50
Wellness Points* *Please allow up to ...

★★★★★ ⋮

HEALTHY@HARRIS
ing for ourselves so we can care for o

V 1.0

Course (1 class) 00h 30m

Healthy@Harris Wellness
Workshop: Awe

Successful

Category: Wellness Workshop 50
Wellness Points* *Please allow up to ...

★★★★★ ⋮

HEALTHY@HARRIS
ing for ourselves so we can care for o

V 1.0

Course (1 class) 00h 30m

Healthy@Harris Wellness
Workshop: Why We Worry

Not Registered

Category: Wellness Workshop 50
Wellness Points* *Please allow up to ...

★★★★★ ⋮

HEALTHY@HARRIS
ing for ourselves so we can care for o

V 1.0

Course (1 class) 00h 30m

Healthy@Harris Wellness
Workshop: The Power of Comp...

Not Registered

Category: Wellness Workshop 50
Wellness Points* *Please allow up to ...

★★★★☆ ⋮

● ● ●

Finding Healthy@Harris Activities

The screenshot displays the Harris Health System Learning Management System interface. At the top left, there is a navigation menu with 'Home' and 'Browse' options. The main header area contains the text 'Welcome to Harris Health System Learning Management System' and a large banner image featuring the Harris Health System logo and several hospital buildings. On the right side, a search bar is visible with the text 'exercise' entered. Below the search bar, a list of search results is displayed, with the first result, 'Healthy@Harris Group Exercise: Meditation', highlighted in a yellow box. Other results include 'Healthy@Harris Virtual Group Exercise: Yoga', 'Healthy@Harris Healthy Living: Pregnancy & Beyond Class 2: Hea...', 'Healthy@Harris Virtual Group Exercise: Virtual Walk', 'Healthy@Harris Virtual Group Exercise - Upper Body Stretch', 'Healthy@Harris Virtual Group Exercise - Lower Body Stretch', 'Healthy@Harris Virtual Group Exercise: Total Body Stretch', 'Healthy@Harris Virtual Group Exercise: Total Body Stretch - Core', 'Healthy@Harris Virtual Group Exercise: Total Body Stretch - Upper...', and 'Healthy@Harris Virtual Group Exercise - Total Body with Light Res...'. A 'See all results' link is located at the bottom of the search results list.

Registering for Healthy@Harris Activities

The screenshot shows the registration interface for a wellness workshop. At the top, the course title is 'Healthy@Harris Wellness Workshop: I Can Do Hard Things' with a 'Not Registered' button. Below this is a 'SEE CLASSES TO ENROLL' button. The 'Overview' section contains details about the wellness category (Wellness Workshop, 50 points) and a note that points are reflected in MyCigna over a 4-week period. The 'Available Classes (25)' section lists a 'Web-Based' class with a 'LAUNCH' button. Below that, a specific class session for '07-SEP-2022' is listed as a 'Virtual Classroom' with a duration of 00:30 hours and 831 seats available.

Healthy@Harris Employee Wellness
 Employeewellness@harrishealth.org 346-426-1597

Registering for Healthy@Harris Activities

14-SEP-2022 - 14-SEP-2022

Session Details: 14-SEP-2022 | 10:30 AM - 11:00 AM (CDT)

English | Virtual Classroom | Class ID: WELLWKSHP_2022-09-14_1_1030A_VLT

Virtual (Central)

Total duration: 00:30 Hrs | [Check cancellation policy](#)

987 seats available | 0 Waitlist available

*To receive Wellness Points, you must complete the virtual session and score at least 70% on the assessment. You can earn Wellness Points for one wellness workshop per day. Please allow up to 4 weeks for Wellness Points to be reflected in MyCigna.

ENROLL

Registering for Healthy@Harris Activities

14-SEP-2022 - 14-SEP-2022 | English | Virtual Classroom | Class ID: WELLWKSHP_2022-09-14_1_1030A_VLT

Virtual (Central)

Total duration: 00:30 Hrs

986 seats available | 0 Waitlist available

Class Instructors: [Courtney Karam](#)

DROP

*To receive Wellness Points, you must complete the virtual session and score at least 70% on the assessment. You can earn Wellness Points for one wellness workshop per day. Please allow up to 4 weeks for Wellness Points to be reflected in MyCigna.

Activities

 Session 1	Not evaluated	ATTEND 
Instructor(s): Courtney Karam		
14-SEP-2022 10:30 AM-11:00 AM (CDT)		
 Assessment: Healthy@Harris Wellness Workshop: I Can Do Hard Things	Not evaluated	LAUNCH
Passing score: 70		
 		

[SHOW OTHER AVAILABLE CLASSES](#)

Accessing Healthy@Harris Activities via the Employee Wellness Calendar

- Go to www.harrishealth.org/employee-wellness and click “Calendars and Announcements”

The screenshot shows the Harris Health System website. The top navigation bar includes links for Home, About Us, Access Care, Locations, Patients, Services, Donate, and Public Notices, along with a search bar. The main content area is titled "Healthy@Harris Employee Wellness Program" and includes a welcome message and a description of the program. The left sidebar contains a list of links, with "Calendars and Announcements" highlighted in a yellow box.

HARRISHEALTH SYSTEM

Appointments MyHealth Am I Eligible? AA

ENGLISH | ESPAÑOL

Home About Us Access Care Locations Patients Services Donate Public Notices Search...

Healthy@Harris

+ About Us

Calendars and Announcements

Premium & Wellness Rewards

+ Preventive Health

+ Mental & Behavioral Health

+ Manage My Health Condition

Improve My Financial Well-Being

+ Get Fit

Eat Well

Lose Weight

Harris Health / Healthy@Harris

Healthy@Harris Employee Wellness Program

Welcome to your Healthy@Harris Employee Wellness Program!

The Healthy@Harris Employee Wellness Program promotes a healthy work environment, healthy employees and healthy families. Our goal is to provide a variety of programs and resources to help you meet your personal health and well-being goals.

Please see the healthy lifestyle resources below to help you care for yourself so you can care for others! We are Healthy@Harris!

Accessing Healthy@Harris Activities via the Employee Wellness Calendar

- Click “Employee Wellness Event Calendar”



The screenshot shows the Harris Health System website. The main navigation bar includes links for Home, About Us, Access Care, Locations, Patients, Services, Donate, and Public Notices. The page title is "Healthy@Harris" with a sub-link for "About Us". The main content area is titled "Calendars and Announcements" and features a list of links: "Employee Wellness Event Calendar" (highlighted with a yellow box), "Recreational Sports League 2022 Calendar", "This Week in Wellness", and "Healthy@Harris September 2022".

Accessing Healthy@Harris Activities via the Employee Wellness Calendar

- Click the link next to the activity you'd like to complete

19	20	21	22	23
10:00am Total Body Stretch - Upper Body Resistance Webex via SABA	11:00am Fidelity Webinar: Get a Handle on Your Current Student Loan Debt Register Here	10:00am Total Body Stretch - Lower Body Resistance Webex via SABA	10:00am Total Body Stretch Webex via SABA	10:00am Total Body Stretch - Yoga/Pilates Webex via SABA
10:30am Info Session: Modified Healthy@Harris Rewards Program - VIRTUAL Webex via Saba	12:00pm I Can Do Hard Things Workshop - Fournace - C340 In-Person via SABA	11:30am Info Session: Modified Healthy@Harris Rewards Program - VIRTUAL Webex via Saba	10:00am I Can Do Hard Things Workshop - LBJ - East Wing Room 212 In-Person via SABA	2:00pm Total Body Stretch - Core Webex via Saba
	12:30pm I Can Do Hard Things Workshop - Fournace - C340 In-Person via SABA		10:30am I Can Do Hard Things Workshop - LBJ - East Wing Room 212 In-Person via SABA	
	1:30pm The How of Happiness - Class 2 Webex via Saba		12:00pm Emotional Intelligence Class 3: Applying Emotional Intelligence Webex via Saba	
	2:00pm Total Body Stretch Webex via SABA		1:00pm Info Session: Modified Healthy@Harris Rewards Program - VIRTUAL Webex via Saba	

Accessing Healthy@Harris Activities via the Employee Wellness Calendar

- Click “Show other available classes” to see all available classes for that topic and click “Enroll” for the date and time you’d like to attend.

06-SEP-2022 - 06-SEP-2022 | English | Virtual Classroom | Class ID: WELLGROUPEX_STR7_2022-09-06_0200P_VLT

Virtual (Central)

Total duration: 00:15 Hrs

875 seats available | 0 Waitlist available

Class Instructors: [Ellen Ogedegbe](#)

Please allow up to 4 weeks for Wellness Points to be reflected in MyCigna. You can earn Wellness Points for one of each Wellness Category per day.

Activities

Session 1 Not evaluated [SESSION DETAILS](#)

Instructor(s): [Ellen Ogedegbe](#)

06-SEP-2022 | 2:00 PM-2:15 PM (CDT)

[SHOW OTHER AVAILABLE CLASSES](#)



22-SEP-2022 - 22-SEP-2022

Session Details: 22-SEP-2022 | 10:00 AM - 10:15 AM (CDT)

English | Virtual Classroom | Class ID: WELLGROUPEX_STR7_2022-09-22_1000A_VLT

Virtual (Central)

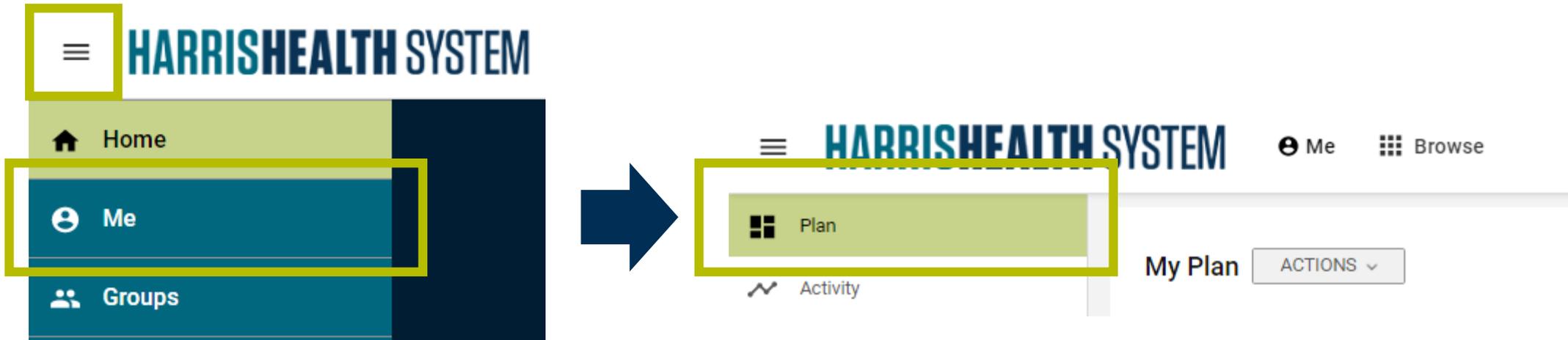
Total duration: 00:15 Hrs | [Check cancellation policy](#)

776 seats available | 0 Waitlist available

Please allow up to 4 weeks for Wellness Points to be reflected in MyCigna. You can earn Wellness Points for one of each Wellness Category per day.

[ENROLL](#)

Viewing Your Registrations



Completing Healthy@Harris Activities: Instructor-Led (In-Person)

Show up at the location on the date and time specified!

Completing Healthy@Harris Activities: Virtual Classroom (Live via Webex)

HARRISHEALTH SYSTEM

Your registration for the class Healthy@Harris Wellness Workshop: I Can Do Hard Things is confirmed.

Class Details

Date: 14-SEP-2022

Delivery Type: Virtual Classroom

Instructor: Courtney Karam

To attend the class, please click the link below to visit the Healthy@Harris Wellness Workshop: I Can Do Hard Things course page. Then, click the Attend button.

Get more information at the Healthy@Harris Wellness Workshop: I Can Do Hard Things course page.

https://hhs.sabacloud.com/Saba/Web_spf/NA10P1PRD027/common/ledetail/cours000000000014820

You are receiving this email because you have registered for Healthy@Harris Wellness Workshop: I Can Do Hard Things.

Completing Healthy@Harris Activities: Virtual Classroom (Live via Webex)

14-SEP-2022 - 14-SEP-2022 | English **Virtual Classroom** Class ID: WELLWKSHP_2022-09-14_1_1030A_VLT

Virtual (Central) DROP

Total duration: 00:30 Hrs

986 seats available | 0 Waitlist available

Class Instructors: [Courtney Karam](#)

*To receive Wellness Points, you must complete the virtual session and score at least 70% on the assessment. You can earn Wellness Points for one wellness workshop per day. Please allow up to 4 weeks for Wellness Points to be reflected in MyCigna.

Activities

 Session 1 Not evaluated ATTEND ▼	
Instructor(s): Courtney Karam	
14-SEP-2022 10:30 AM-11:00 AM (CDT)	
 Assessment: Healthy@Harris Wellness Workshop: I Can Do Hard Things Not evaluated LAUNCH	
Passing score: 70	
 	

[SHOW OTHER AVAILABLE CLASSES](#)

Completing Healthy@Harris Activities: Virtual Classroom (Live via Webex)

14-SEP-2022 - 14-SEP-2022 | English | Virtual Classroom | Class ID: WELLWKSHP_2022-09-14_1_1030A_VLT

Virtual (Central) DROP

Total duration: 00:30 Hrs

986 seats available | 0 Waitlist available

Class Instructors: [Courtney Karam](#)

*To receive Wellness Points, you must complete the virtual session and score at least 70% on the assessment. You can earn Wellness Points for one wellness workshop per day. Please allow up to 4 weeks for Wellness Points to be reflected in MyCigna.

Activities

<p> Session 1 Not evaluated</p> <p>Instructor(s): Courtney Karam</p> <p>14-SEP-2022 10:30 AM-11:00 AM (CDT)</p> <p style="text-align: right;">ATTEND ▼</p>
<p> Assessment: Healthy@Harris Wellness Workshop: I Can Do Hard Things Not evaluated</p> <p>Things</p> <p>Passing score: 70</p> <p></p> <p style="text-align: right;">LAUNCH</p>

[SHOW OTHER AVAILABLE CLASSES](#)



HARRISHEALTH SYSTEM | Assessment: Healthy@Harris Wellness Workshop: I Can Do Hard Things

Welcome

10

Number of questions

70%

Passing score

Please watch the recording or participate in the session before taking this assessment. You must score 70% or higher to receive Wellness Points. Remember you can earn wellness points for one of each wellness category per day.

EXIT
START

Completing Healthy@Harris Activities: Web-Based (Recorded)

English **Web-Based** Class ID: WELLWKSHP_2022-09_1_WBT
Total duration: 00:30 Hrs | Cancellation policy does not exist

*To receive Wellness Points, you must watch the recording and score at least 70% on the assessment. You can earn Wellness Points for one of each Wellness Category per day. Please allow up to 4 weeks for Wellness Points to be reflected in MyCigna.

Activities

-  Recording: Healthy@Harris Wellness Workshop: I Can Do Hard Things
-  Assessment: Healthy@Harris Wellness Workshop: I Can Do Hard Things
Passing score: 70
 

Completing Healthy@Harris Activities: Web-Based (Recorded)

Recording: Healthy@Harris Wellness Workshop: I Can Do Hard Things



Ogedegbe, Ellen T



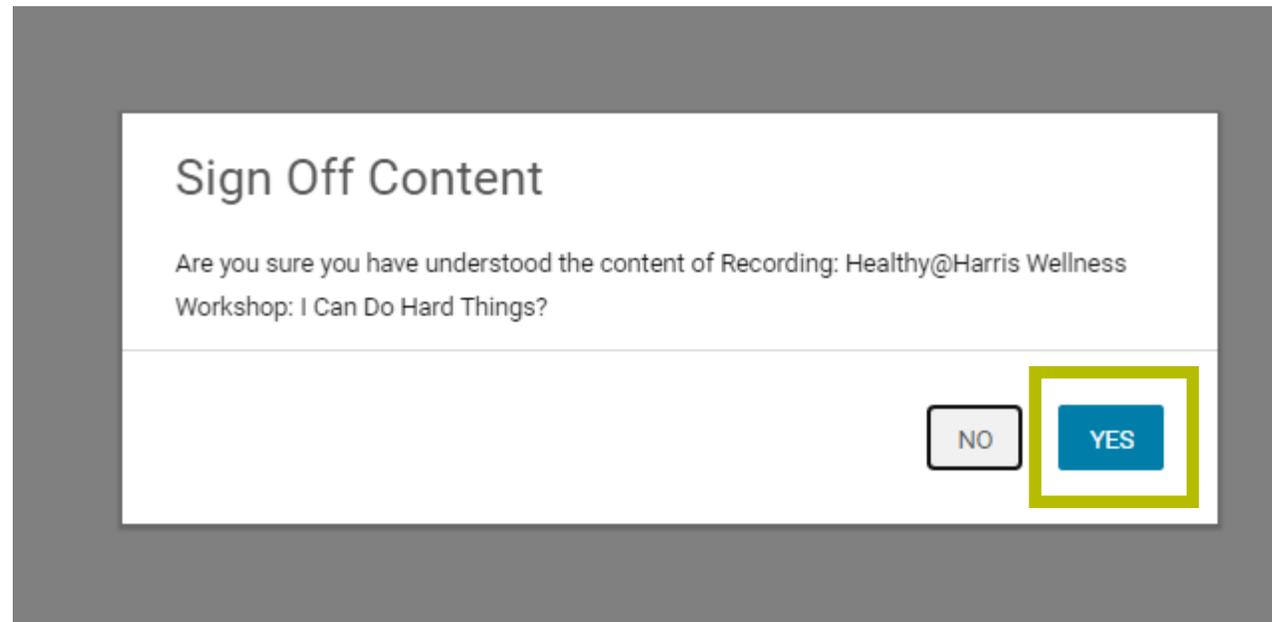
HEALTHY@HARRIS
Caring for ourselves so we can care for others

I can do hard
things.

Presented by the Healthy@Harris
Employee Wellness Team

HARRISHEALTH SYSTEM

Completing Healthy@Harris Activities: Web-Based (Recorded)



Sign Off Content

Are you sure you have understood the content of Recording: Healthy@Harris Wellness Workshop: I Can Do Hard Things?

NO YES

Completing Healthy@Harris Activities: Web-Based (Recorded)

The screenshot displays a mobile application interface for a wellness workshop. At the top, a green header bar contains a hamburger menu icon and the text "Healthy@Harris Wellness Workshop: I Can Do Hard Things". Below this, a section titled "Activities" is shown with a back arrow icon. Two activity items are listed: "Recording: Healthy@Harris Wellness Workshop: I Can Do Hard Things" with a green checkmark icon, and "Assessment: Healthy@Harris Wellness Workshop: I Can Do Hard Things" with a grey circle icon. The second item is highlighted with a yellow rectangular box. To the right of the screenshot, the text "Select an activity to launch." is displayed above a blue button labeled "GO TO CLASS".

Completing Healthy@Harris Activities: Web-Based (Recorded)



Assessment: Healthy@Harris Wellness Workshop: I Can Do Hard Things

Welcome

10

Number of questions

70%

Passing score

Please watch the recording or participate in the session before taking this assessment. You must score 70% or higher to receive Wellness Points. Remember you can earn wellness points for one of each wellness category per day.

EXIT

START

Confirming Completion

My Learning



Healthy@Harris Virtual Group Exercise: Total Body Stretch
 Registered ←
 Start date : 08-SEP-2022
 08-SEP-2022 | Tomorrow
[VIEW DETAILS](#)



Healthy@Harris Virtual Group Exercise: Total Body Stretch
 In Progress ←
 Start date : 06-SEP-2022
 No due date
[VIEW DETAILS](#)

Completed Learning



Healthy@Harris Wellness Workshop: Awe
 Version: 1.0
 Successful ←
 On: 22-AUG-2022
 Score: 100



Healthy@Harris Wellness Workshop: Positive Affirmations
 Version: 1.0
 Successful ←
 On: 10-JUN-2022
 Score: 100

Contact Us!

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

346-426-1597

employeewellness@harrishealth.org

[Visit our website!](#)

