

Earn Wellness Points through the Learning Hub

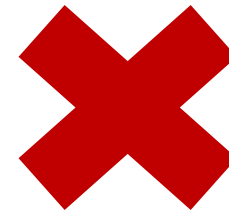
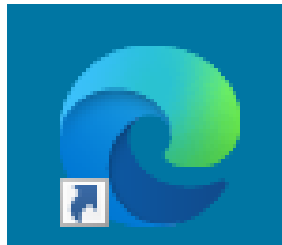


Outline

- Accessing the Learning Hub 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

Accessing the Learning Hub

- Use Google Chrome or Microsoft Edge



Accessing the Learning Hub for Employees

Harris Health Intranet



Outside of the Harris Health Network

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

Accessing the Learning Hub for Spouses

Spouses on the medical plan have access to the Learning Hub.

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

Visit the Employee Wellness website for more details:

www.harrishealth.org/employee-wellness/education/Pages/eLearning

Finding Healthy@Harris Activities

The screenshot displays the HarrisHealth website interface. At the top left is the "HARRISHEALTH" logo. To its right is a "Browse" button with a grid icon. Below the logo is a horizontal navigation bar containing icons for a calendar, a document, and a folder, followed by a dropdown menu currently showing "Healthy@Harris Employee Wellne...". To the right of this menu are links for "Education", "Leading with Love", "Learning and Talent Management", and "Medical Imagin". Below the navigation bar is a link for "[Healthy@Harris Employee Wellness Program](#)". Underneath this link is a horizontal bar with four categories: "Group Exercise", "Healthy Knowledge Seminars and Webinars", "Wellness Classes", and "Wellness Workshops". At the bottom of the page is a large grey banner with the word "HUB" in white.

HARRISHEALTH Browse

Healthy@Harris Employee Wellne... Education Leading with Love Learning and Talent Management Medical Imagin

[Healthy@Harris Employee Wellness Program](#)

Group Exercise Healthy Knowledge Seminars and Webinars Wellness Classes Wellness Workshops

HUB

Finding Healthy@Harris Activities

Wellness Workshops

All

Learning Catalog

Links

Files

Blogs

Videos

Pages

Ideas

Discussions

Groups

Added On

Owner

Learning Catalog

HEALTHY@HARRIS

ing for ourselves so we can care for oth

00h 30m V 1.0

Course (1 class)

Healthy@Harris Wellness Workshop: Active Kids in a

...read more

Not Registered

★★★★☆

HEALTHY@HARRIS

ing for ourselves so we can care for oth

00h 30m V 1.0

Course (1 class)

Healthy@Harris Wellness Workshop: Outside My Window,

...read more

Not Registered

★★★★☆

HEALTHY@HARRIS

ing for ourselves so we can care for oth

00h 30m V 1.0

Course (1 class)

Healthy@Harris Wellness Workshop: Brain Power

...read more

Not Registered

★★★★☆

HEALTHY@HARRIS

ing for ourselves so we can care for oth

00h 30m V 1.0

Course (1 class)

Healthy@Harris Wellness Workshop: Awe

...read more

Successful

★★★★☆

7

HARRISHEALTH

Finding Healthy@Harris Activities

The screenshot displays the HarrisHealth Learning Hub website. At the top left is the HarrisHealth logo and a 'Browse' button. A navigation bar contains links for HOME, ME, GROUPS, and ADMIN. The main content area features a large 'LEARNING HUB' title and four buttons: MY PLAN, LEARNING, MY PROFILE, and CALENDAR. On the right, a search bar is highlighted with an orange border, showing the text 'Learning Catalog' and 'healthy@harris'. Below the search bar, a dropdown menu lists several activities, each preceded by a small icon. At the bottom of the dropdown is a 'See all results' link. The background of the page shows a smiling woman with curly hair wearing a green blazer.

HARRISHEALTH Browse

HOME ME GROUPS ADMIN

LEARNING HUB


MY PLAN
LEARNING
MY PROFILE
CALENDAR

Learning Catalog healthy@harris

- Healthy@Harris Wellness Workshop: Wonder
- Healthy@Harris Wellness Workshop: Appreciate
- Healthy@Harris Wellness Workshop: Perseverance
- Healthy@Harris Group Exercise: Meditation
- Healthy@Harris Wellness Workshop: Courage
- Healthy@Harris Wellness Workshop: Forgiveness
- Healthy@Harris Wellness Workshop: Curiosity
- Healthy@Harris Wellness Workshop: Center
- Healthy@Harris Wellness Workshop: Dream
- Healthy@Harris Wellness Workshop: Purpose

See all results

Registering for Healthy@Harris Activities



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

Course | ID: WELLWKSHP_2022-09_1 | V 1.0

Healthy@Harris Wellness Workshop: I Can Do Hard Things

Not Registered

☆☆☆☆☆

SEE CLASSES TO ENROLL

Overview

Wellness Category: Wellness Workshop
50 Wellness Points*

*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.

This workshop was created in an effort to emphasize the importance of challenging ourselves and getting out of our comfort zone while also treating ourselves with compassion and honesty.

For questions, contact Employee Wellness at EmployeeWellness@harrishealth.org or 346-426-1597.
www.harrishealth.org/employee-wellness

Show Less

Available Classes (25) | Filters

English | Web-Based | Class ID: WELLWKSHP_2022-09_1_WBT

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

*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.

LAUNCH

07-SEP-2022 - 07-SEP-2022

Session Details: 07-SEP-2022 | 10:30 AM - 11:00 AM (CDT)

English | Virtual Classroom | Class ID: WELLWKSHP_2022-09-07_1_1030A_VLT

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


831 seats available | 0 Waitlist available

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

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

SHOW OTHER AVAILABLE CLASSES

Accessing Healthy@Harris Activities via the Employee Wellness Calendar


- Go to www.harrishealth.org/employee-wellness
- Click “Calendars and Announcements”
- Click “Employee Wellness Event Calendar”



Accessing Healthy@Harris Activities via the Employee Wellness Calendar

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

10	11	12
9:00am Ergonomic Evaluations at El Franco Lee - By Appointment Only Register Here	10:30am Meditation - VIRTUAL Employee Registration Spouse Registration	9:00am Ergonomic Evaluations at Aldine - By Appointment Only Register Here
11:00am Healthy@Harris Rewards Program Overview (2025-2026) - Wellness Workshop - VIRTUAL Employee Registration Spouse Registration	11:00am Healthy@Harris Rewards Program Overview (2025-2026) - Wellness Workshop - VIRTUAL Employee Registration Spouse Registration	10:30am Healthy Body for Every Body: Class 6 - Nutrition Pt 2: Macronutrients- VIRTUAL Employee Registration Spouse Registration
12:00pm Meditation - VIRTUAL Employee Registration Spouse Registration	11:30am Healthy Body for Every Body: Class 2 - Nutrition Pt 1: Food Groups- VIRTUAL Wellness Class Employee Registration Spouse Registration	12:00pm EAP Webinar: Got Grit- Remaining Resilient (Healthy Knowledge Seminar) - VIRTUAL Register Here
12:30pm Healthy@Harris Work-Life Balance - Wellness Workshop - Virtual Employee Registration Spouse Registration		1:00pm Healthy@Harris Rewards Program Overview (2025-2026) - Wellness Workshop - BEN TAUB 4TH FLOOR CONFERENCE ROOM Employee Registration Spouse Registration
47	40	40



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

LEARNING HUB

MY PLAN

LEARNING


MY PROFILE

CALENDAR


Announcements

Please complete 2025 Annual Mandatory Education Refresher by December 31, 2025


My Learning




Course
Cornerstone Classroom
In Progress




Course
Employee Wellness Team Testing
In Progress



Course
HB3834 Cybersecurity Awareness
In Progress




Course
Healthy@Harris EAP Webinar: Tools for Uncertain Financial
...read more
In Progress




Course
Healthy@Harris Healthy Body for Every Body: Initial Assessment
In Progress

Completed Learning



Mandatory Refresher: Intimate Partner Violence
Version: 1.0
Successful
On: 14-MAR-2023
Score: 0
Source: IPV Supp



Healthy@Harris Virtual Group Exercise: Yoga
Version: 1.0
Successful
On: 20-JAN-2023
Score: 0
Location: Virtual (Central)
Start Date: 20-JAN-2023

15

HARRISHEALTH

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

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

Completing Healthy@Harris Activities: Virtual Classroom (Virtual)



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 (Virtual)

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

Instructor(s): Courtney Karam

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



Not evaluated

ATTEND

▼

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

Passing score: 70

Not evaluated

LAUNCH

SHOW OTHER AVAILABLE CLASSES

Completing Healthy@Harris Activities: Virtual Classroom (Virtual)

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

Things

Passing score: 70

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



LAUNCH

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

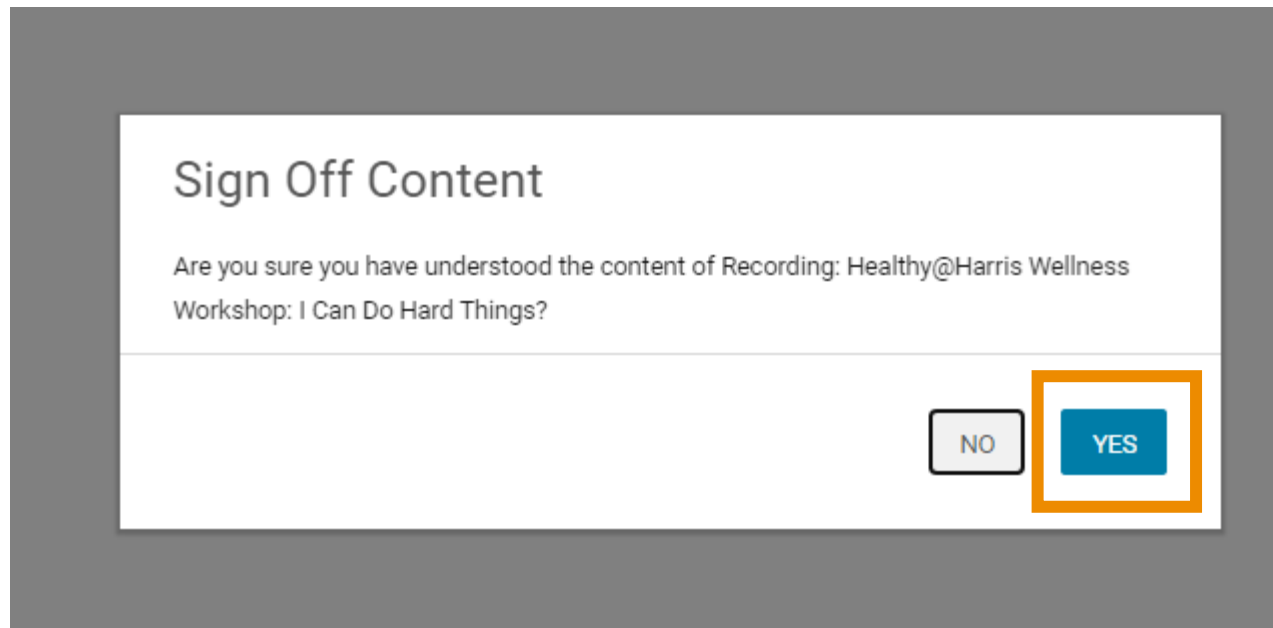
**I can do hard
things.**

Presented by the Healthy@Harris
Employee Wellness Team

HARRISHEALTH SYSTEM

1

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



The screenshot shows a web-based interface for signing off on content. It features a white rectangular box with a light gray border. Inside the box, the title 'Sign Off Content' is at the top. Below it is a question: 'Are you sure you have understood the content of Recording: Healthy@Harris Wellness Workshop: I Can Do Hard Things?'. At the bottom right of the box are two buttons: a light gray 'NO' button and a blue 'YES' button. The 'YES' button is highlighted with a thick orange border.

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)



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



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

Welcome



Number of questions



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

LEARNING HUB

MY PLAN

LEARNING

MY PROFILE

CALENDAR

Announcements

Please complete 2025 Annual Mandatory Education Refresher by December 31, 2025

Completed Learning

Course

Cornerstone Classroom

In Progress

Course

Employee Wellness Team Testing

In Progress

Course

HB3834 Cybersecurity Awareness

In Progress

Course

Healthy@Harris EAP Webinar: Tools for Uncertain Financial

...read more

In Progress

Course

Healthy@Harris Healthy Body for Every Body: Initial Assessment

In Progress

Completed Learning

Course

Mandatory Refresher: Intimate Partner Violence

Version: 1.0

Successful

On: 14-MAR-2023

Score: 0

Source: IPV Supp

Course

Healthy@Harris Virtual Group Exercise: Yoga

Version: 1.0

Successful

On: 20-JAN-2023

Score: 0

Location: Virtual (Central)

Start Date: 20-JAN-2023

25

HARRISHEALTH

Earning Wellness Points

You can earn wellness points for completing activities that:

- Have “Healthy@Harris” in the title
- Are listed under “Completed Learning” in the Learning Hub
- Are from different wellness categories each day (ex. One wellness workshop per day, one wellness class per day, etc.)

HEALTHY@HARRIS

346-426-1597

employeeewellness@harrishealth.org

www.harrishealth.org/employee-wellness