Earn Wellness Points through the Learning Hub

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

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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.

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Accessing the Learning Hub for Spouses

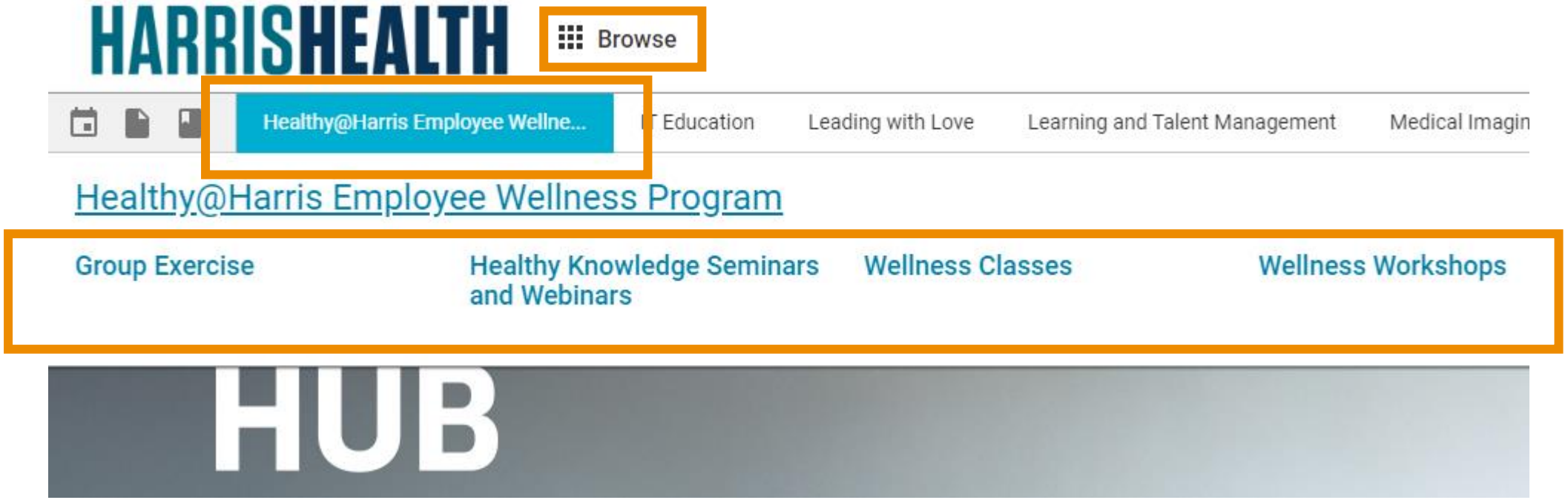
Spouses on the medical plan have access to the Learning Hub.

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



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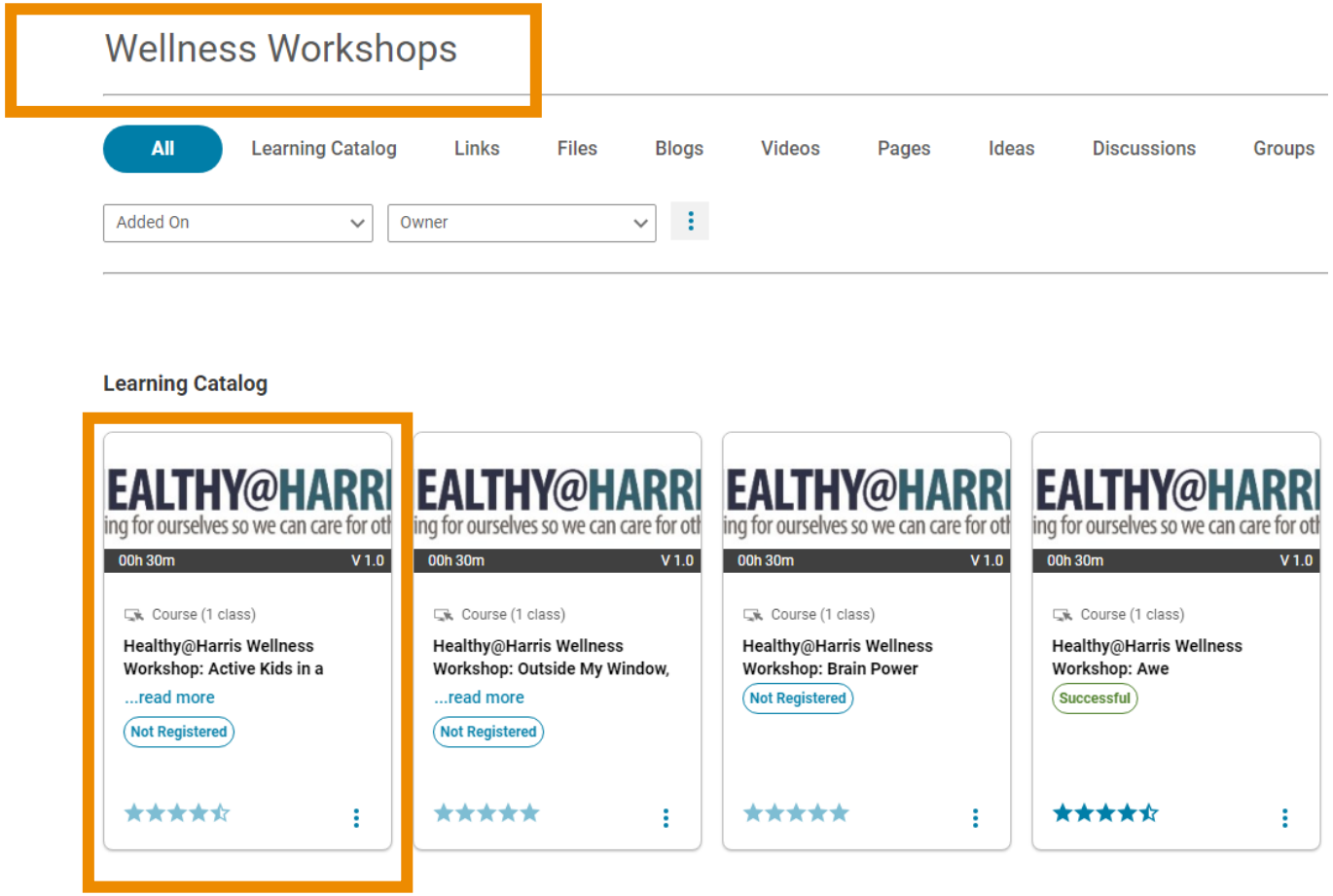

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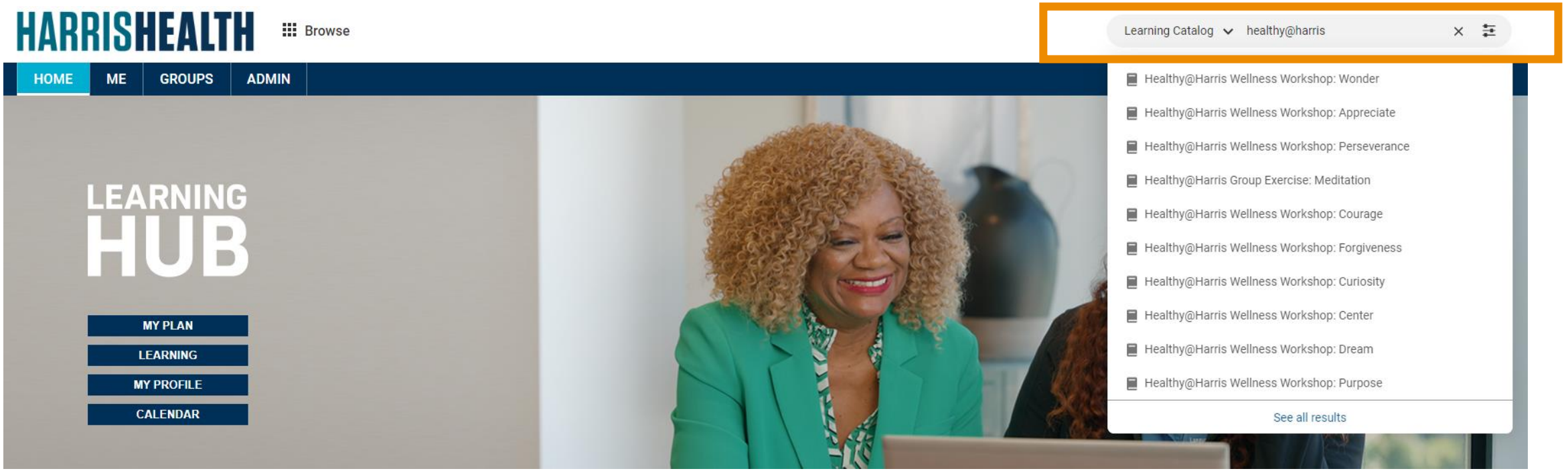
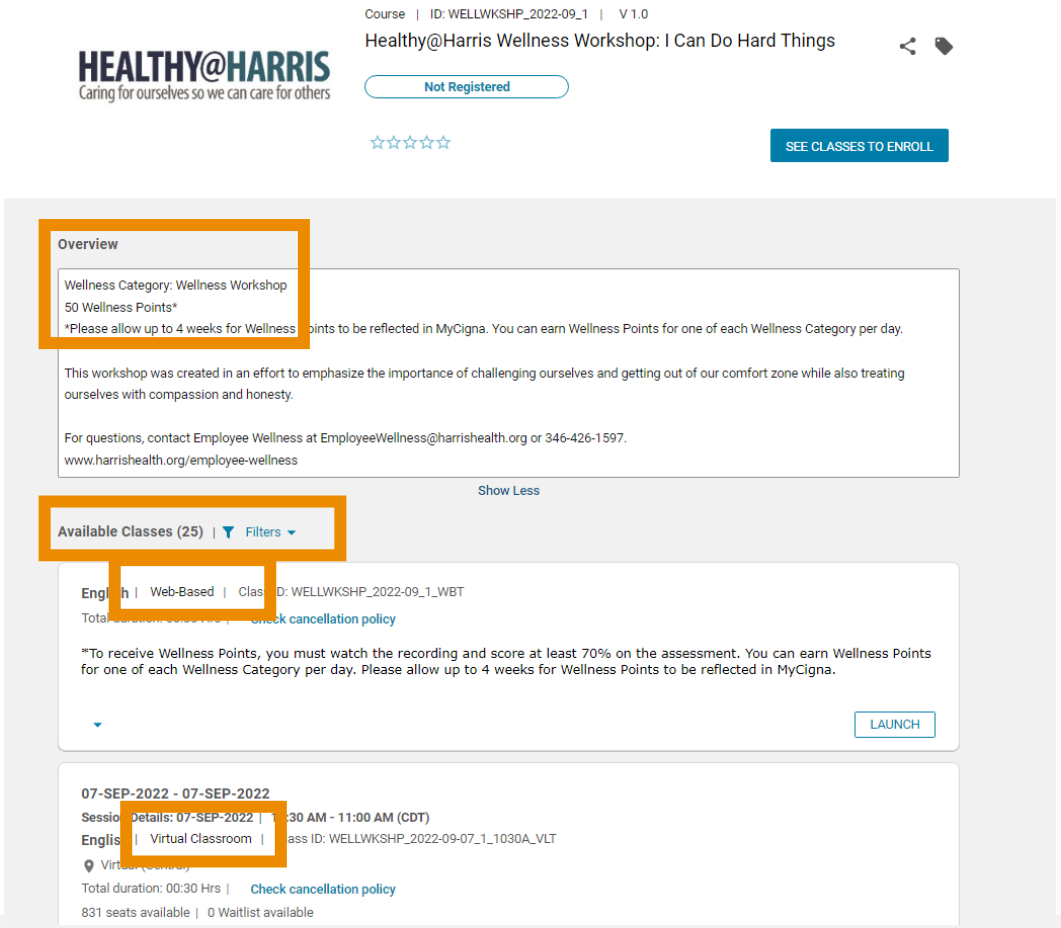
Finding Healthy@Harris Activities



Registering for Healthy@Harris Activities



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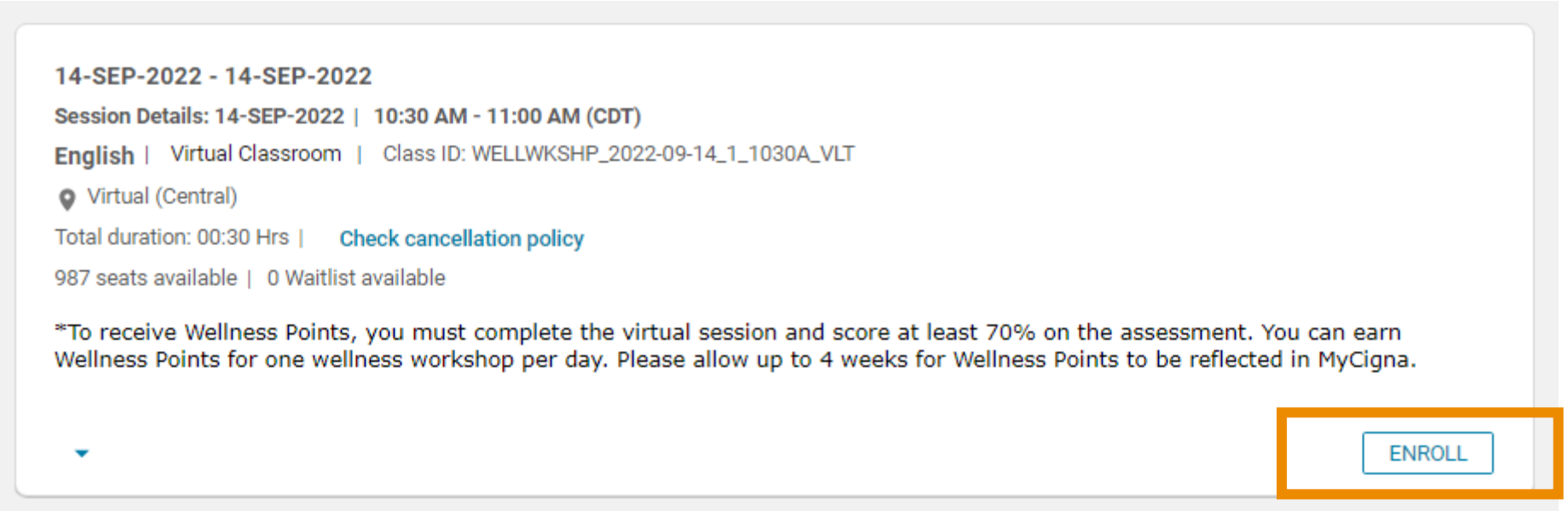

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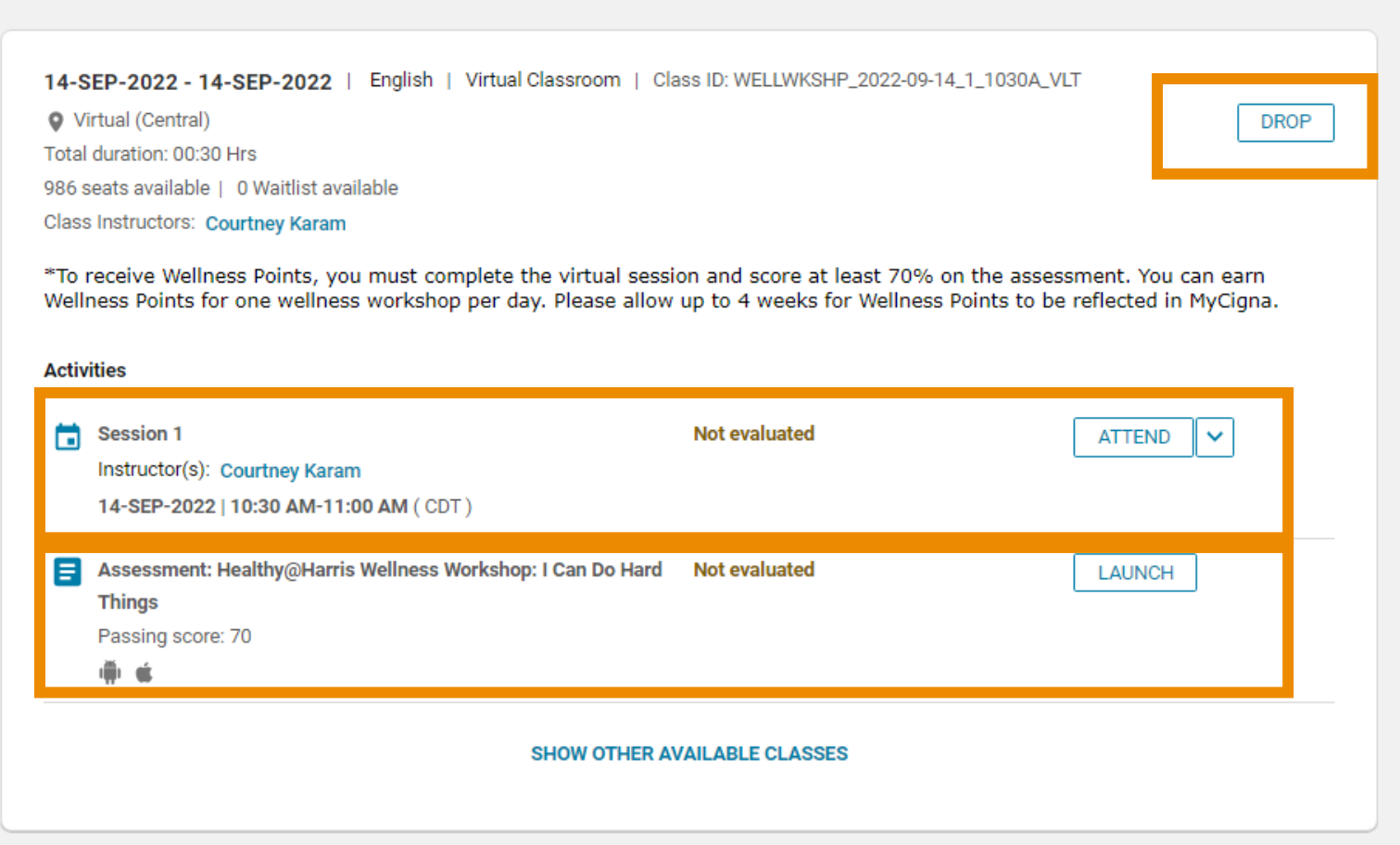

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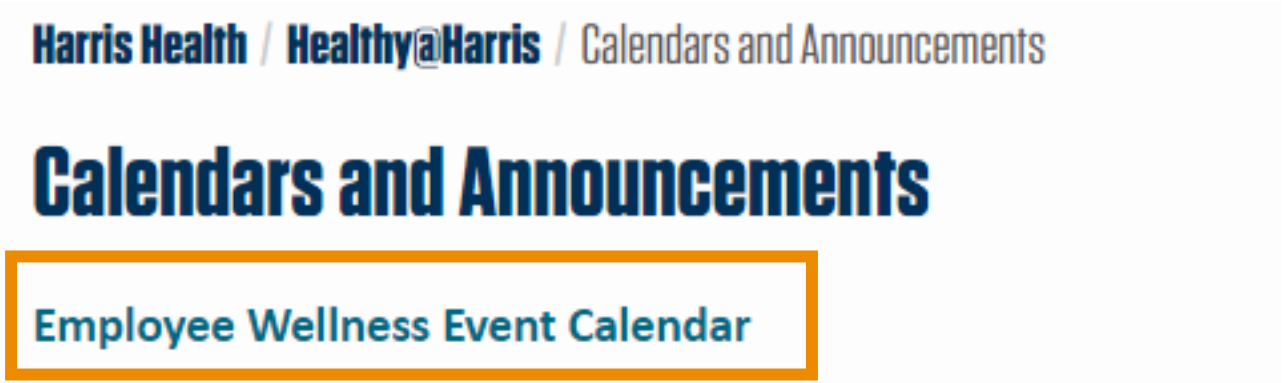
Accessing Healthy@Harris Activities via the Employee Wellness Calendar

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



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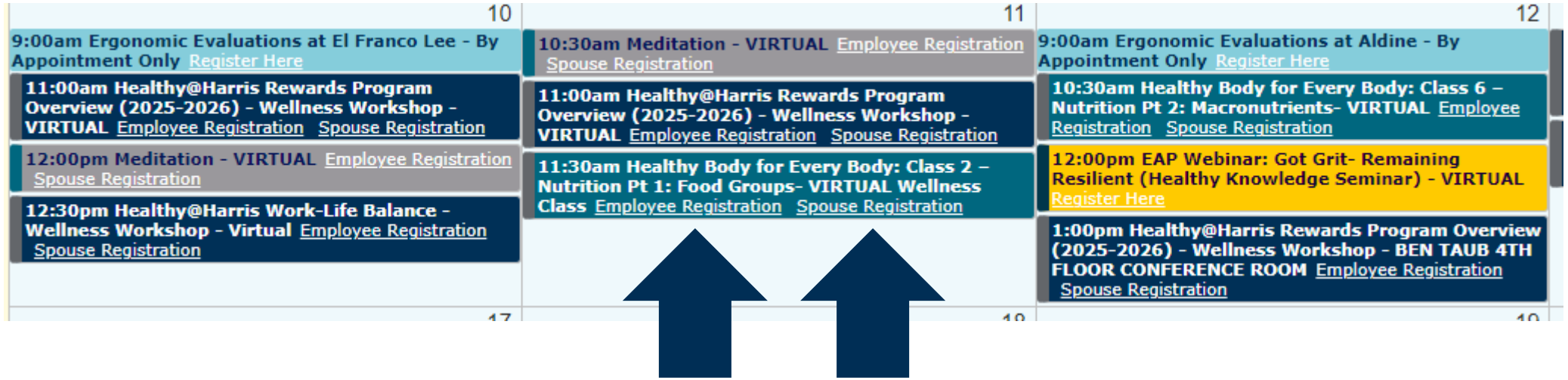
Accessing Healthy@Harris Activities via the Employee Wellness Calendar

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



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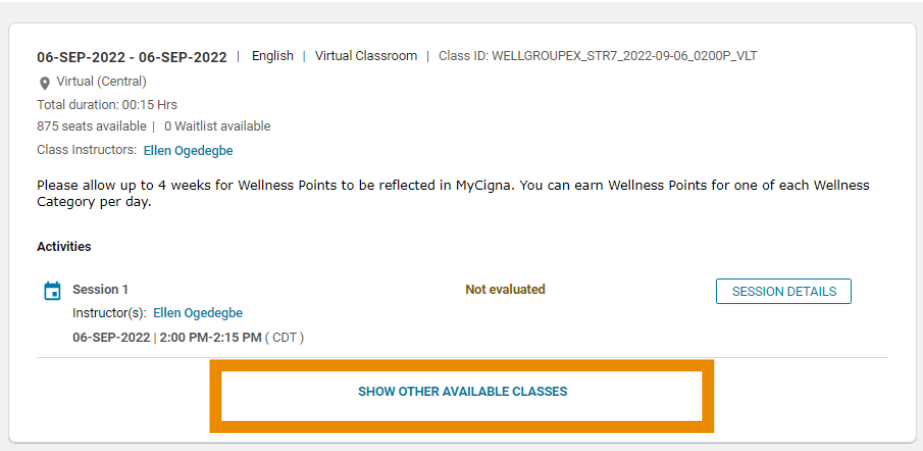
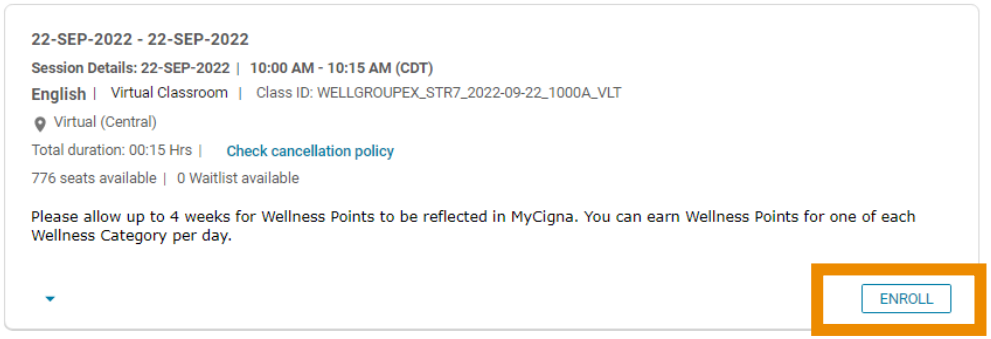
Accessing Healthy@Harris Activities via the Employee Wellness Calendar

- 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.





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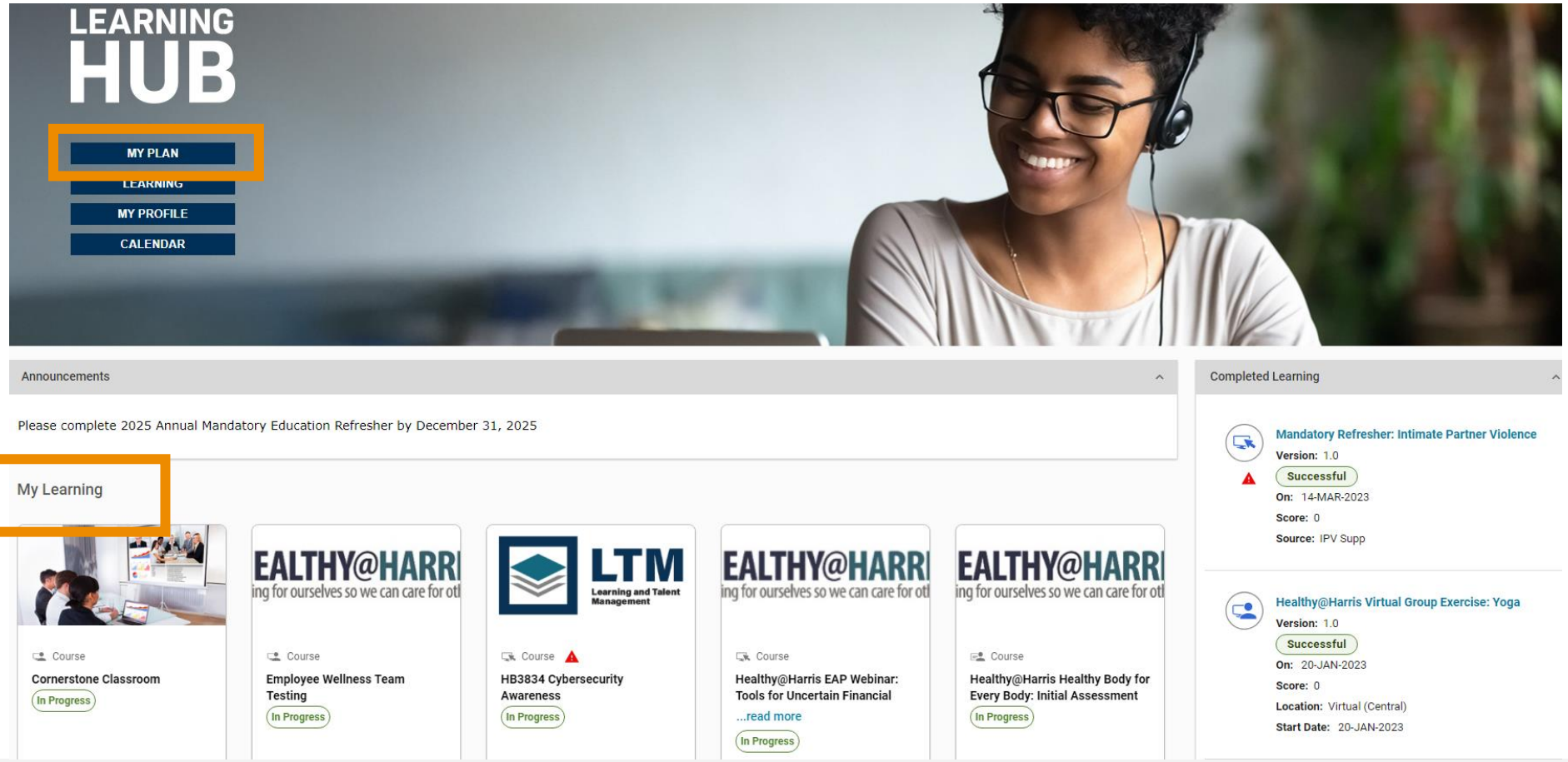
Viewing Your Registrations



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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)

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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

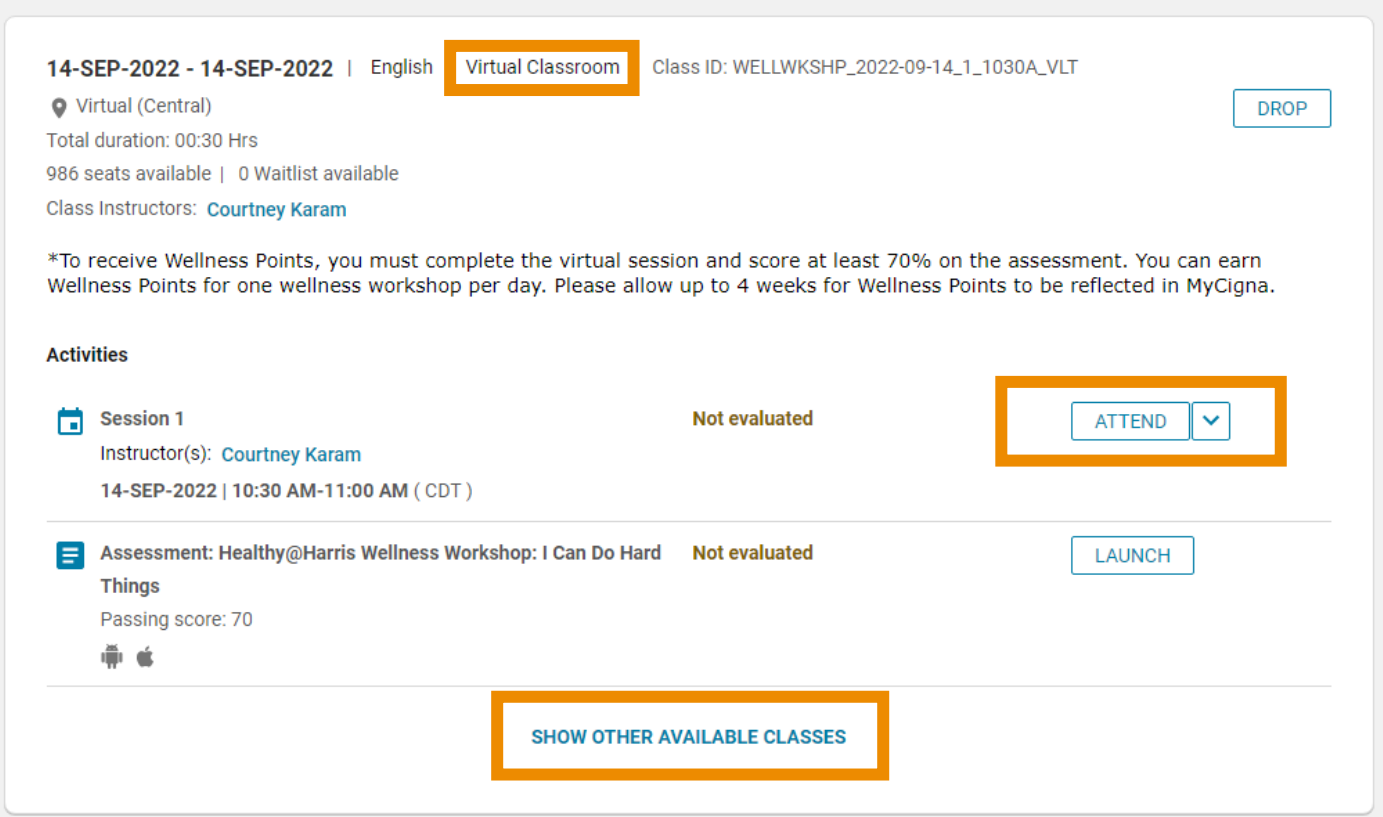
To attend the class, please click the link below to visit the Healthy@Harris Wellness Workshop: I Can Do Hard Things course page. Then, click the Attend button.

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)



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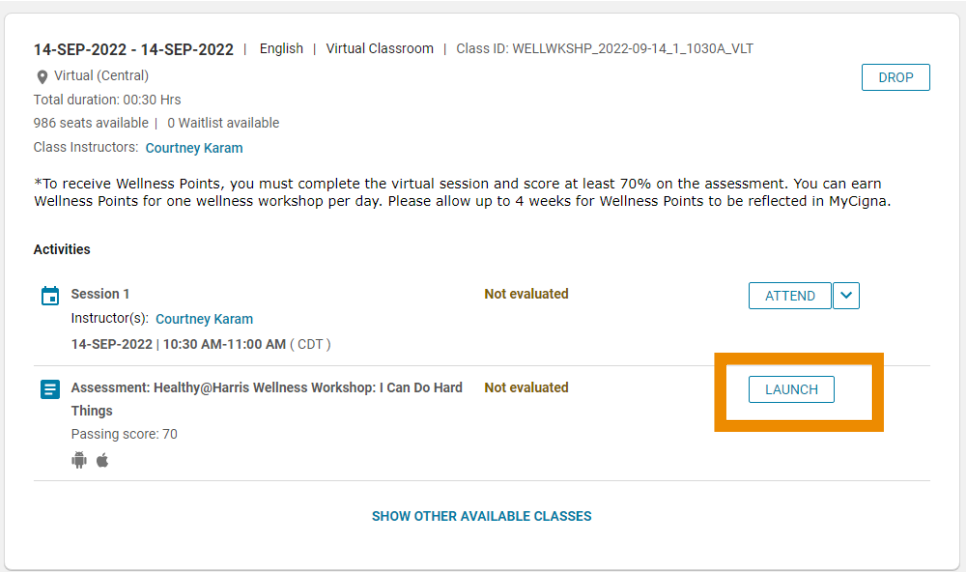

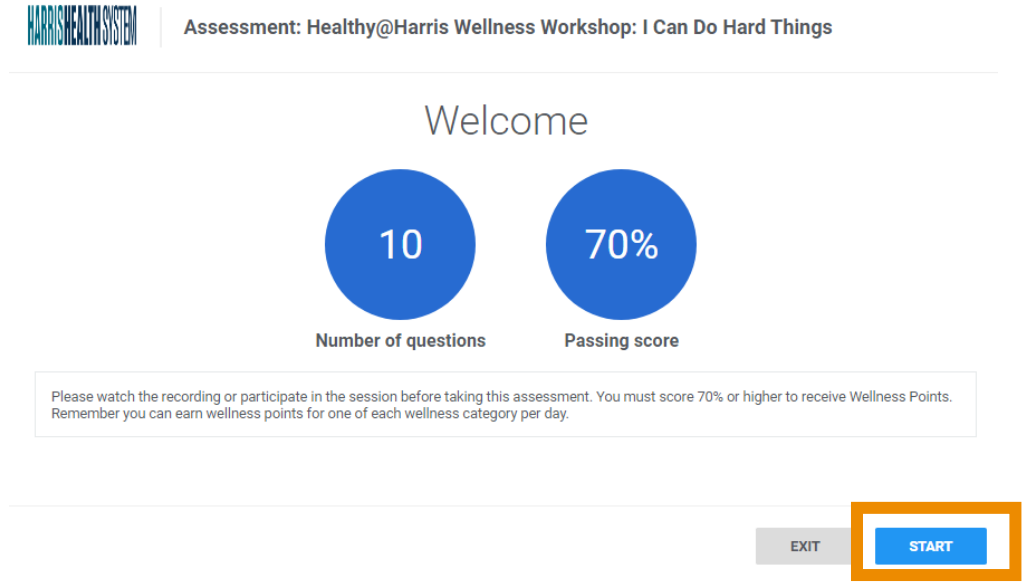

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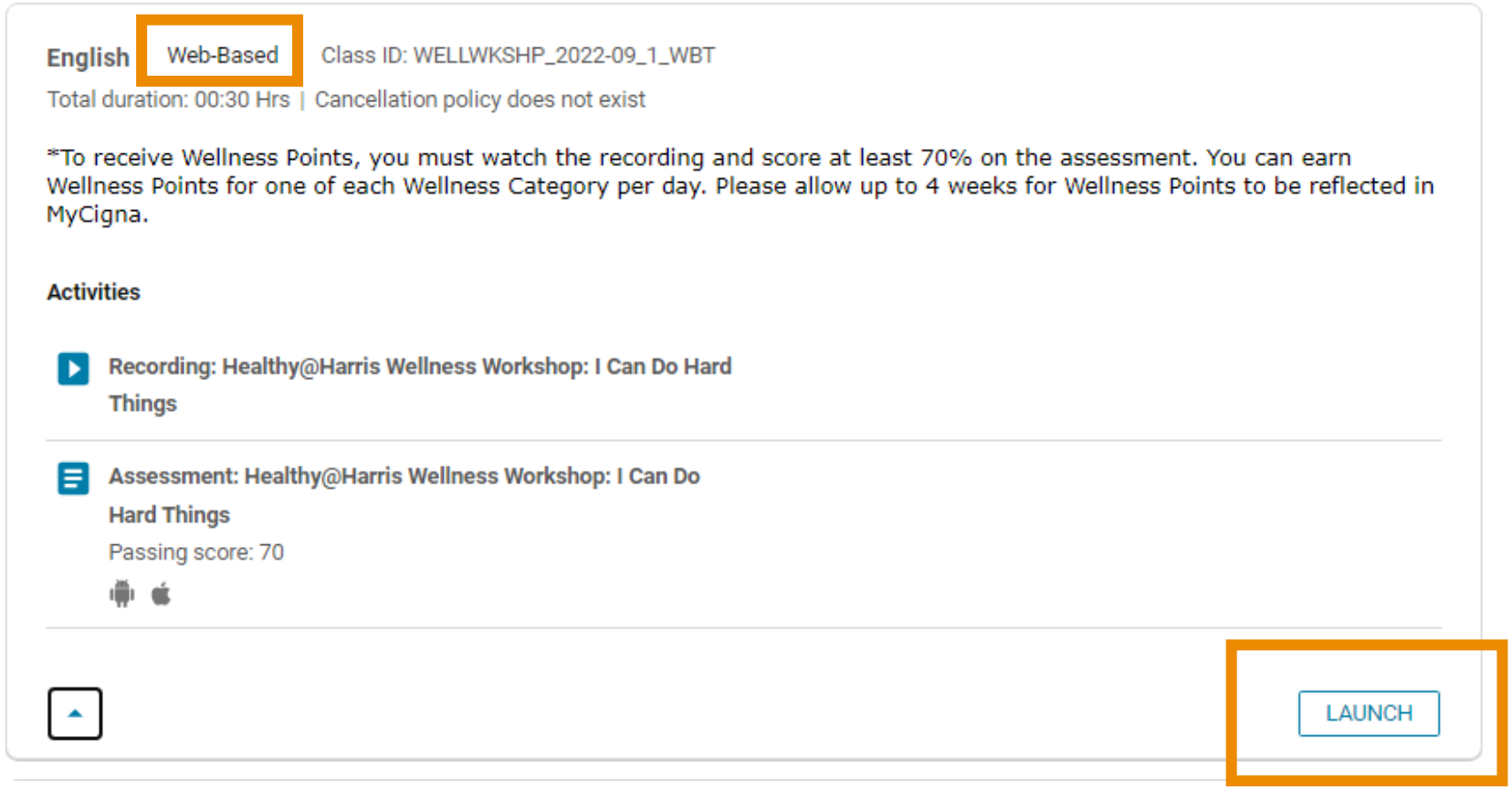
Completing Healthy@Harris Activities: Web-Based (Recorded)



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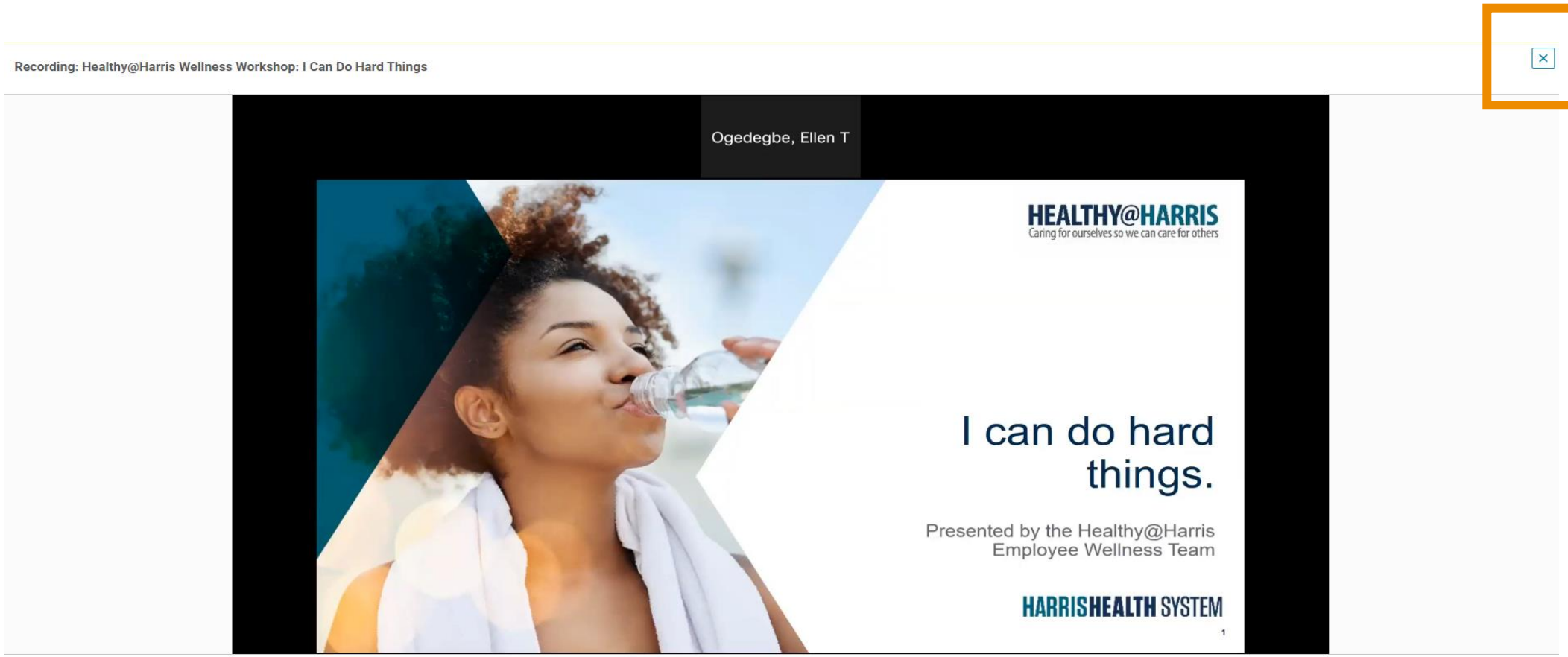

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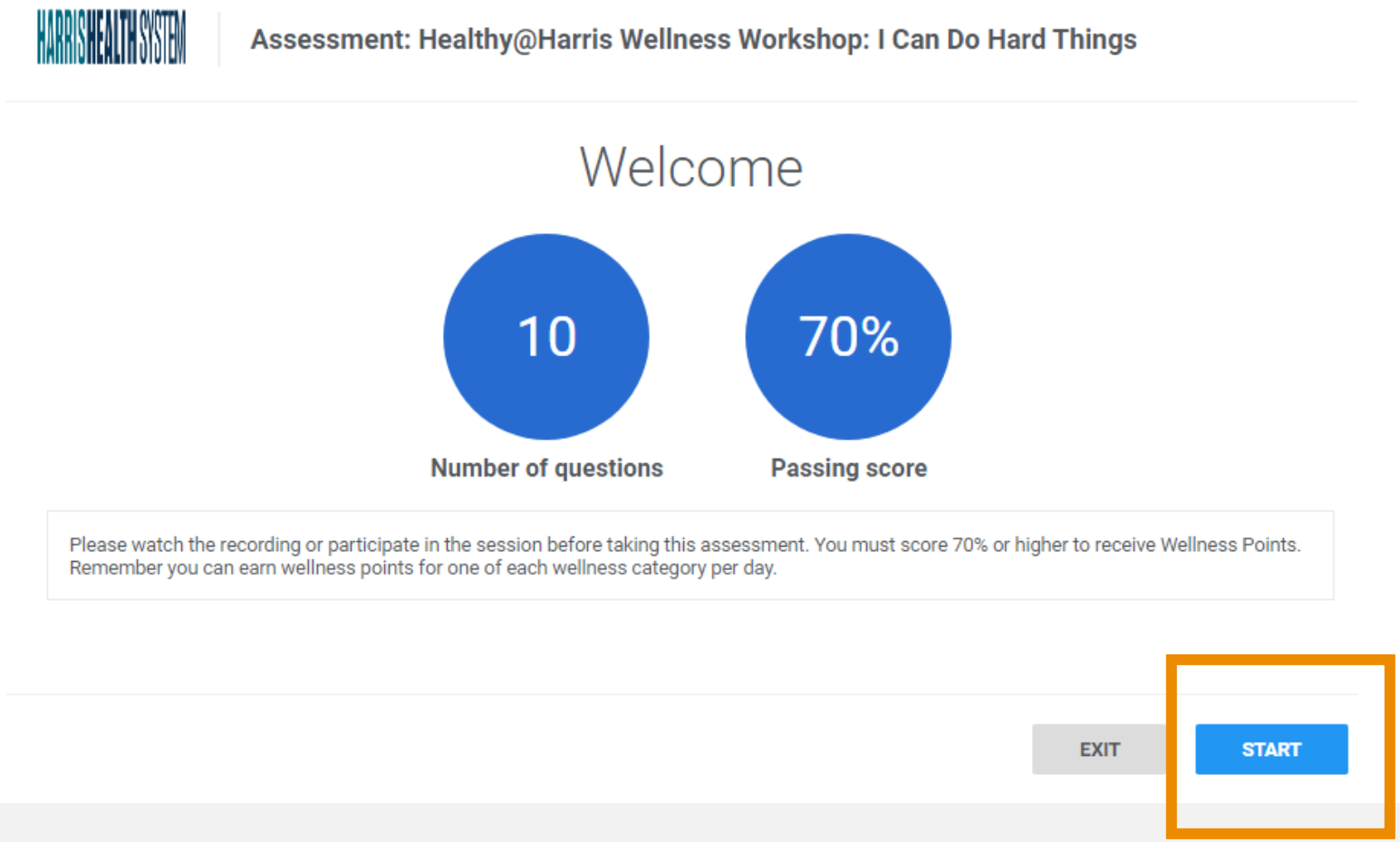

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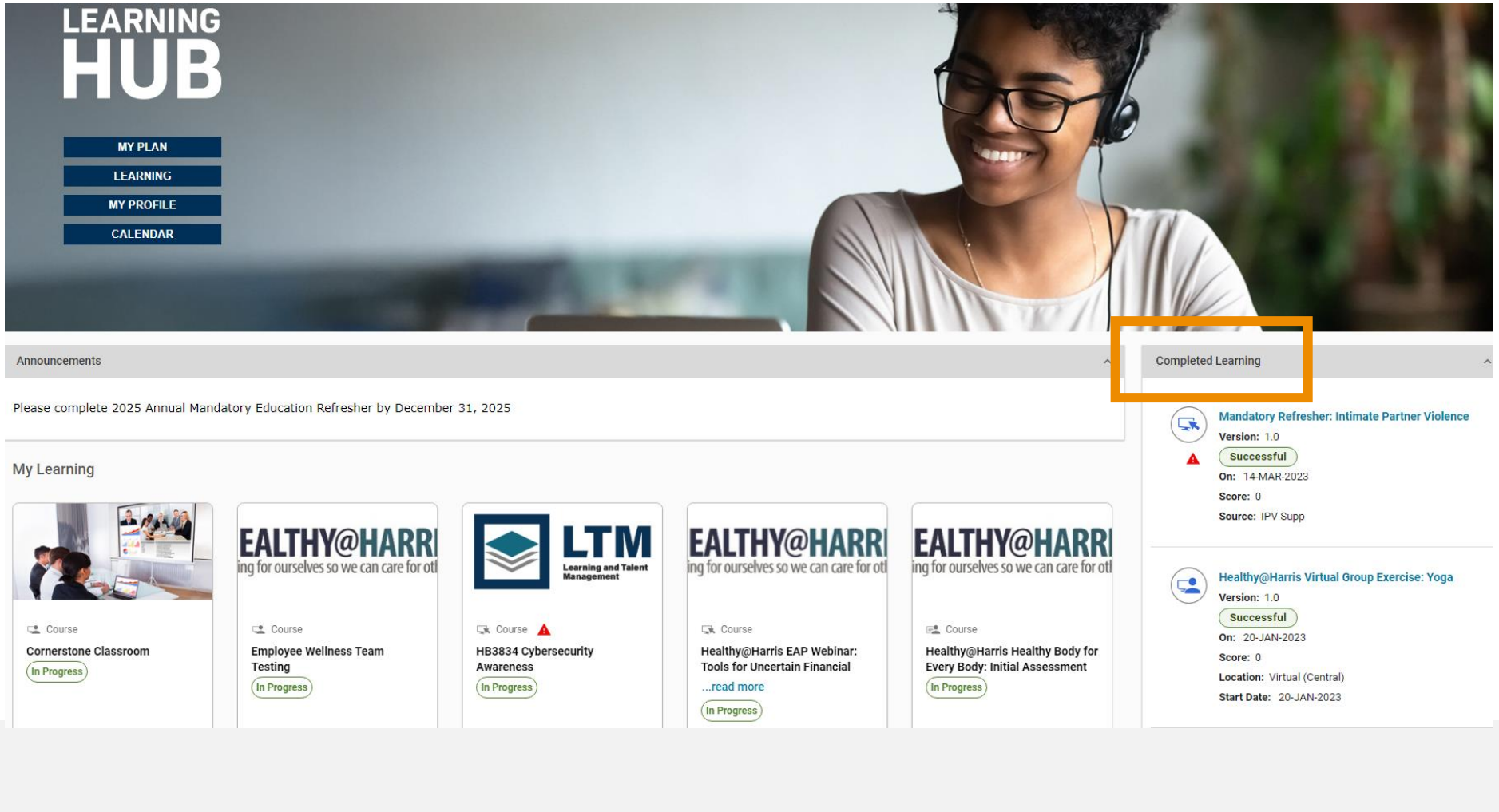
Confirming Completion



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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

employeewellness@harrishealth.org

www.harrishealth.org/employee-wellness