



Employee ID

Name

To achieve 50 Premium Rewards Points:

1. Complete all six classes of the Ergonomics 101 series prior to submitting this workstation evaluation request form and answering the questions below.
2. Submit 3 pictures of you at your workstation as instructed below.*
3. Employee Wellness will conduct a meeting with you to discuss your pictures and any corrections necessary.
4. Submit 3 new pictures WITH corrections in order to achieve 50 Premium Points.*

1. Have you submitted three pictures of you working at your workstation as instructed below?
2. What is the main issue you would like addressed? Please be as specific as possible.

*Submit pictures to employeewellness@harrishealth.org with the subject "Virtual Workstation Evaluation Pictures"

*Please allow up to 4 weeks from submission of corrected photos for points to be reflected on www.mycigna.com

*Premium Points will be provided in the Wellness Workshop Category

Instructions for Photos

1. Take photo from behind to show eye line to monitor(s)
2. Take a photo from the side, at eye level, to show distance to monitor
3. Take a picture from the side to show posture in chair and space under desk.



Contact us at employeewellness@harrishealth.org; 346-426-1597

Harris Health is committed to helping you achieve your best health. Incentives for participating in a wellness program are available to all eligible employees. If you think you might be unable to meet a standard for a incentives under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Crystal Cunningham at 346-426-1812 or 770.261.0247 or via email at HarrisHealth@cigna.com and we will work with you (and, if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status.