

Well-being Monthly Updates

August 2026



Movement and Fitness

- **Fitness Courses:** Visit [Fitness – On Demand](#) to access our cardio, strength, core and stretching content from any place, at any time.
- **Daily Wellness Tools for YOU Program:** Browse offerings, including meditation, yoga and fitness classes. [Register to attend](#)
- **Fitness Center News and Updates**
 - Annual biometric measurements are no longer required to enroll at Cleveland Clinic fitness centers. You just need to [apply online](#), then check your email for a link to location-specific instructions for finalizing enrollment.
- **CCAC and Euclid facilities** are now open Saturdays and Sundays from 6 a.m. to 8:30 p.m. As a reminder, these facilities are not staffed, and guests are not permitted.
- **The InterContinental Hotel gym at Main Campus** can be used by Main Campus caregivers and may be accessed:
 - Monday through Thursday, 8:30 p.m. – 6 a.m.
 - Friday at 8:30 p.m. until Monday at 6 a.m.

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- Caregivers interested in using this site must first email Eric Zatchock at zatchoe@ccf.org.
 - Caregivers must be a member of the Walker Fitness Center prior to requesting access. A request to Security will then be made to activate the caregiver's badge for the Intercontinental Hotel gym.
 - If not already enrolled at Walker, caregivers can complete an application at <http://ccemployeeewellness.com/joinagym> to get set up.



Nutritional Wellness

- **[Center for Integrative and Lifestyle Medicine Culinary Medicine Tool Kit](#)**: Great recipes and information on food safety, kitchen equipment, cooking methods and knife skills.
- **[Wellness Nutrition Resources](#)**: Read information about anti-inflammatory foods, the Mediterranean diet, healthy recipes and more.
- **["In the Kitchen with Chef Jim and Dr. Mike"](#)**: Episodes of culinary medicine cooking demonstrations are available to watch on the Employee Wellness website, Caregiver Well-Being Connect Today page or on demand at the link above.
- **[Health Essentials](#)**: Access dozens of healthy recipes and nutrition tips.
- **[Wellness and Preventive Medicine Recipes](#)**: Access healthy breakfast, entrée, side, soup, snack and dessert ideas.
- **[Meet the NEW Weight Watchers](#)**. We've reimaged everything to be brighter, bolder, and all about you. We're moving beyond the limits of the traditional scale to give you the most sophisticated support system in our history. Available to all Cleveland Clinic Employee Health Plan members.

New Features included in your benefit:

- The 3D Body Scanner: Don't let a single number define you. Our new 3D technology tracks fat loss and muscle gain visually, showing you the transformation the scale simply misses.
- Weight Health Score: We've simplified your data. Your nutrition, activity, and sleep are now captured in one simple Weight Health Score, giving you instant insight into your overall wellness.
- Modes: Whether you need to go all-in, lose mode, or maintain, our new flexible Modes adapt to your life stage. Your pace, your rules.
- Tailored Paths: Get a plan built for your biology. Whether you need GLP-1 support, diabetes nutrition, or menopause-specific guidance, we provide custom paths for real results, your way. (With Core +)
- Experience the new era of weight loss.

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- Enroll in the Weight Watchers today at a discounted price*. Join at [ww.com/clevelandclinic](https://www.clevelandclinic.com/ww)

*Pricing reflects the cost of an eligible WW membership plan through your organization. If your membership includes a monthly payment, it is required in advance. You'll be automatically charged each month, if applicable, in accordance with company pricing until you cancel. Pricing may adjust to the standard monthly rate if your relationship with your organization changes or terminates, or the agreement between your organization and WW terminates.

[Email Amy Seese](#) or call the WeightWatchers Customer Service Line 1.866.204.2885 if you have any questions.

September Webinar- Beyond the Hustle: Fueling Your Busiest Days Without Burnout

Join the Weight Watchers webinar, "**Beyond the Hustle**," on September 16th at 1 PM EST.

Stop surviving on caffeine and adrenaline. Whether juggling a demanding career, a hectic household, or high-stress shifts, join our WW coaches to discover the "Plan B" strategies you need to stay fueled and focused when life goes sideways.

Discover practical strategies to:

- Swap the caffeine-and-adrenaline cycle for sustainable energy
- Master "Plan B" habits for when your schedule falls apart
- Protect your wellness and stay on track, no matter how busy the day gets

Fuel your journey and reclaim your energy—without the burnout. All Cleveland Clinic caregivers are welcome to join.

Don't miss out – [register today!](#)



Safety

- **StaySafe app** — To enhance caregiver and patient safety, the enterprise has launched the Cleveland Clinic StaySafe app.
 - **Available to all Ohio, Nevada and Florida** caregivers, the app can be used to request site-specific emergency and non-emergency services, including:

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- Emergency Police and Security response
 - Non-emergency questions and requests, including a Safety Escort
 - Code response for Cardiac/Respiratory Emergencies and Rapid Response
 - Anonymous tip line to text information and images
 - A safety timer to contact emergency contacts while walking
 - Library with additional safety resources
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- Cleveland Clinic StaySafe app is geofenced to our hospitals, family health centers, ambulatory surgery centers, free-standing emergency departments and administrative buildings.
 - **Not at one of these locations?** No worries. The app is programmed to default to 911 for other Cleveland Clinic locations. Users can also use some of the features anywhere in the U.S.
 - **Cleveland Clinic StaySafe app** can be accessed from the [Apple](#) and [Google Play](#) app stores.

Questions? Visit the [Cleveland Clinic StaySafe app page](#) for more information or email questions to protectiveservices@ccf.org.

For information on Workplace Violence Prevention [click here](#).



Stress Management

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- [Refresh – On Demand](#) to access yoga, meditation, and breathing exercises from any place, at any time or try [Daily Wellness Tools for YOU](#) for live scheduled virtual yoga and exercise classes.
 - **LifeMatters:** We know it can be difficult to juggle the responsibilities of your job, home and everything in-between. Our partners at LifeMatters® can alleviate some of these challenges. Through one simple phone call, you can receive resources guidance, legal consultation, financial consultation and career coaching.

- Visit: <https://eap.mylifematters.com/login> and use one of the company passwords below:
- CFC-OH (Ohio)
- CFC-US (all other U.S. locations)
- Call Caring for Caregivers at 216-445-6870 or 800-989-8820 (option 2) to reach a Work-Life Specialist
- **Thrive Where You Are eLearning Course:** Learn on your own with this self-paced 15-minute course. Explore your individual well-being needs and interests and create an action plan using a habit-based approach. [Click here for more information.](#)
- **Well-Being Boosters:** Focused well-being topics for your team meetings. They're available on the [Caregiver Well-being Connect today site](#).
- **Each Booster includes:**
 - Quick learning on a well-being topic.
 - Discussion prompt question.
 - Suggested group activity suitable for both in-person or virtual formats.
 - Tips to support continued development and healthier habit-building.

 **Cleveland Clinic**

Well-Being Boosters:

They offer quick, practical tools that meet caregivers where they are, when life and work intersect.



Quick: Takes 2–5 minutes
Accessible: Downloadable anytime; personal and team activation
Practical: Grounded in the five well-being dimensions
Actionable: Immediate steps to support your whole self
Together, they make well-being feel doable, even on the busiest days!

BOOST YOUR WELL-BEING





Discounts: Health, Wellness and Fitness

- Login to the [Caregiver Workday and Portal](#)

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- Select Current Caregiver to log in to Workday
 - Click Access the HR Portal (located on the bottom right of the page under Announcements)
 - Click on the My Money tab at the top of the page
 - Click Caregiver Discounts
 - Click Health and Wellness or Gym Memberships



Fidelity Tools

- **Fidelity Investments:** Find tools and resources to organize your finances and make decisions that fit your life and budget. Fidelity Investments has created resources to help with budgeting, saving, paying down debt and planning for your retirement. For help to make sure that you're on track with your financial goals call 800.343.0860.
- [Fidelity NetBenefits](#)

A photograph of a woman with dark curly hair, wearing a purple blazer over a white shirt, smiling and shaking hands with someone whose arm is visible on the left. The background is blurred.

Making Connections



Connect With Employee Wellness

- Follow the [Cleveland Clinic Employee Wellness Facebook page](#) for wellness updates and live stream events.
- Follow the [Caregiver Well-Being page on Connect Today](#) to access many resources available to support your health and well-being in one place.



Become a Wellness Champion

- If you know a fellow caregiver that is interested in joining the Wellness Champion team, please direct them to the Wellness Champion home page at <https://www.ccmpleeewellness.com/wellness-champions> and click on the “Join our Team!” button to fill out the short application form. All Cleveland Clinic caregivers are welcome to join!
- [Wellness Champion](#) materials are available to help support and recruit individuals who want to make a positive impact on caregivers' health and well-being.
- Check out the [program guide](#), [best practices](#) and [wellness board tips](#), and share them with caregivers you think would be interested in becoming a Wellness Champion
- There is a **Wellness Champion Microsoft Teams Group** exclusively for Wellness Champions to stay connected and participate in wellness related activities together. **Check out the Recipe Club** activity exclusively for Wellness Champions that will feature healthy recipes each month. If you are interested in being added to the group, please contact Matt Reifsnnyder reifsnm@ccf.org or Amy Traicoff traicoa@ccf.org.
- **Best Practices:** If you have any Wellness Champion best practices that you would like to share with the group or any information about a wellness event or activity that you have organized recently, please send to reifsnm@ccf.org. You all have great ideas and are doing great work, and we want to hear about it!



Recognition for Well-being

- Does someone on your team organize lunchtime walks, or does your manager begin huddles with a breathing exercise? If so, [visit Caregiver Celebrations](#) to send them an Appreciation Award. You can select the **"Well-being" category**, which recognizes individuals who contribute to and advocate for a workplace culture that prioritizes well-being at the organization, team and individual level.

Learn and Grow





Wellness Programs to Watch

- **Wellness Insider**

[**See Something. Say Something. Suicide Awareness and Prevention for Caregivers.**](#)

Amy Freadling, PhD, LPCC-S, CEAP, BCC

Wednesday, September 2, noon to 1 p.m. EST

[**Watch virtually**](#) live or [**Watch on demand**](#) after the event.

- **Wellness Grand Rounds**

[**Introduction to Traditional Chinese Medicine and Its Clinical Application**](#)

Junsik Kim, DTCM, LAc

Tuesday, September 8, noon to 1 p.m. EST

[**Watch virtually**](#)

[**Flyer Link**](#)

- **Wellness Connection**

[**Healthy Habits for Increased Energy**](#)

Rebecca Sidders NBC-HWC

Wednesday, September 16, noon to 12:30 p.m. EST

[**Watch virtually**](#) live or [**Watch on demand**](#) after the event.

Other News and Updates



2026 Healthy Choice Final Metric Hubs

September 30 is the deadline to complete your goals and submit any required metrics. Employee Health Plan members participating in Coordinated Care or Health Coaching must complete their final metrics—such as weight, blood pressure, and lab work—between **August 15 and September 30** to receive credit for meeting their program goals. Explore the resources below to access this year's Final Metric Hubs and stay on track toward your wellness goals.

[Ohio Final Metric Hub Schedule](#)

[Florida Final Metric Hub Schedule](#)

[Final Metric FAQs](#)

Well-being Booster Challenge September 1-30

Support well-being with fellow caregivers! [Click here](#) to select and complete a booster with at least five other caregivers. Caregivers who complete the submission form by Oct. 5 will be entered for a chance to win well-being prizes and featured on the intranet. Questions? Email wellness@ccf.org. Submit your experience after completing the booster, [click here](#) to share details and photos for a chance to win.