

Monthly Wellness Updates and Reminders

February 24, 2026

All Locations

Watch these Wellness programs in March

- Wellness Insider
[Mindfulness for Caregivers](#) , Robert Saper, MD
Wednesday, March 4th, noon to 1 p.m. EST
[Watch virtually](#) live or
[Watch on demand](#) after the event.

- Wellness Grand Rounds
[Spirituality and Integrative Oncology](#), Betty Ferrell, PhD
Tuesday, March 10th, noon to 1 p.m. EST
[Watch virtually](#)

[Flyer Link](#)

- Wellness Connection
[Running 101: First Steps](#) , Adam Kruse, PT, DPT
Wednesday, March 18th, noon to 12:30 p.m. EST
[Watch virtually](#) live or
[Watch on demand](#) after the event.

Try a virtual exercise class

- [Fitness – On Demand](#) to access our cardio, strength, core and stretching content from any place, at any time.
- [Register to attend](#) Daily Wellness Tools for YOU Program offerings, including meditation, yoga and fitness classes.

Manage stress with online tools

Need ideas for practicing mindfulness or yoga? Check out these free resources:

[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.

Send a Caregiver Celebrations Appreciation Award to a colleague!

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 something new in the kitchen

Find kitchen and nutrition-related resources in the links below:

- [Center for Integrative and Lifestyle Medicine Culinary Medicine Tool Kit](#)

Read information on food safety, proper kitchen equipment, cooking methods and knife skills, in addition to great recipes.

- [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 in 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 desert ideas.

Well-Being Boosters- Focused well-being topics for your team meetings**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

Well-Being Booster documents <https://ccf.jiveon.com/community/caregiver-well-being/pages/well-being-boosters>

*You can also find the Well-Being Boosters on the Cleveland Clinic Wellness Champion Teams channel under Wellness Champion Resources.

To learn more and/or get started with Well-Being Boosters, please complete [this request form](#).

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.](#)

Connect with us

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.

Caregiver Well-being Success Stories

Do you have a wellness success story to tell or would you like to share how participating in the Wellness Champion program has had a positive impact on yourself, fellow caregivers, and the communities that you serve? We would love to hear from you! You can share your story on the Caregiver Well-being Connect Today Well-being Community page at <https://ccf.jiveon.com/community/caregiver-well-being/pages/well-being-community> .

Cleveland Clinic Wellness Champion Microsoft Teams Group

[Access Wellness Champion resources](#) including monthly meeting recaps, recruitment materials, team program guide, healthy recipes, best practices and more. If you have not already been added and would like to be please email Matt at reifsnm@ccf.org .

Wellness Champion Activities Microsoft Teams Group

We have created a Microsoft Teams Group exclusively for Wellness Champions to stay connected and participate in Wellness related activities together. Check out the Recipe Club activity that features 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 .

Wellness Champion Recruitment

If you know of a fellow caregiver that is interested in joining the Wellness Champion team, please direct them to Wellness Champion home page at <https://www.ccemployeewellness.com/wellness-champions> and have them 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.

Webinar “From Orchids to Onions: Gardening for Beginners” (45-minute session + 15-minute Q&A)

Join virtually on Wednesday, March 11, 2026, noon- 1pm EST

Microsoft Teams meeting

Join: <https://teams.microsoft.com/meet/2868267694732?p=Ja3X32XinBGGdJO0VS>

This beginner-friendly session will introduce participants to the fundamentals of gardening while highlighting the connection between plant care and personal wellness. Designed for those new to gardening, the program will explore a wide range of plants — from indoor orchids to outdoor onions — demonstrating that gardening can be approachable, rewarding and adaptable to many lifestyles and living spaces.

The session will cover essential topics, such as soil basics, light requirements, plant maintenance, watering techniques and selecting plants suited for both indoor and outdoor environments. Orchids will be used as an example to build confidence with mindful care, while onions and other vegetables will illustrate how easy and satisfying it can be to grow edible plants at home. Practical, low-cost tips will be shared to help participants start small, avoid common challenges and grow with confidence.

The final 15 minutes will be reserved for a live Q&A, allowing attendees to ask questions related to their own gardening goals, spaces and wellness interests. Participants will leave feeling empowered to begin or expand their gardening journey and to use gardening as a tool for relaxation, nourishment and overall well-being.

Your Gardening Team:

Ivy Monroe, Philanthropy Communications Manager
Amy McFarland, Associate Director, Donor Relations
Tim Neptune, Philanthropy Communications Specialist
Clara McHugh, Assistant Director Prospect Research

Wellness Benefits of Gardening

- Reduces stress and promotes relaxation through calming, hands-on interaction with plants.
- Supports mental well-being by encouraging mindfulness, focus and time away from screens.
- Improves mood and emotional health by fostering joy and a sense of accomplishment.
- Encourages gentle physical movement, supporting flexibility, strength and mobility.
- Builds routine and purpose, helping create balance in daily life.
- Enhances connection to nature, supporting emotional resilience.
- Boosts confidence and self-esteem as new skills are developed over time.
- Promotes healthier eating habits through growing and engaging with fresh foods.
- Supports social connection through shared learning and discussion.
- Encourages curiosity and lifelong learning at any age.

If you have questions about this event, contact Nazalee O’Hearn ohearnn@ccf.org

U.S. Locations

Mindfulness for Caregivers Virtual Course

Course Overview

This 7-week live virtual course is designed to support caregivers in building practical mindfulness skills that enhance well-being and strengthen their ability to care for others. Each week introduces simple, effective tools to help reduce stress, improve emotional awareness, and respond more calmly and compassionately in daily life.

Caregivers will learn how to manage emotions mindfully, communicate with empathy, and create space for self-care—all essential for maintaining balance and avoiding burnout. Through guided practices and real-life strategies, participants will cultivate greater self-compassion, resilience, and meaningful connection in both their personal and caregiving roles.

[Click here](#) to take the *MyLearning course*. For questions contact mindfulness@ccf.org. See attached flyer for details and course dates.

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.

Go to: <https://eap.mylifematters.com/login>

Company Password:

CFC-OH (Ohio)

CFC-US (FL, NV, and all other US locations)

See attached flyer for details or call Caring for Caregivers at 216-445-6870 or 800-989-8820 (option 2) to reach a Work-Life Specialist.

Health and Wellness Discounts

There are many fitness center and wellness-related discounts and offers available to caregivers.

To view:

- Login to the [Caregiver Workday and Portal](#)
- 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 & Wellness or Gym Memberships

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:

- 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

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.

See the attachment for more details.

Ohio Locations

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.
- Our 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.
- Caregivers can use the Intercontinental Hotel gym at Main Campus and may access during the following hours:

Monday through Thursday: 8:30 pm – 6:00 am
Friday: 8:30 pm and all throughout the weekend until 6:00 am Monday

Caregivers interested in using this site will need to email Eric Zatchock at zatchoe@ccf.org first. Caregivers will need to 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://ccemployeewellness.com/joinagym> to get set up.

*See attached flyer for information on Cleveland Clinic fitness centers, On-Demand content, and fitness discount options

Fully Integrated Employee Health Plan Members U.S.

Take note of these Healthy Choice reminders

2026 premium levels are now available in the Healthy Choice portal, and member health status has been updated as of **January 5**. It's never too early to get set up so you can hit the ground running in 2026 and earn your **2027 premium discount**.

Log in to your Healthy Choice portal to confirm your status or create an account if you haven't already.

What to do based on your health status:

- **Healthy:**
Make sure your activity device is linked so steps and activity minutes are tracked in the portal. To earn the **full discount**, you'll need **180,000 steps or 900 activity minutes per month in any 6 of the first 9 months** (January 1–September 30, 2026).
Complete 3 months to earn a partial discount.
- **Chronic Condition:**
Ensure you are enrolled in a **Coordinated Care or eCoaching program** and are meeting the goals established with your care coordinator or coach.
- **Unknown:**
Ask your **primary care provider** to complete a [Health Visit Form](#) and submit it to update your status.

Get set up early and stay on track throughout the year to maximize your savings!

*Are you new to Cleveland Clinic? [Click here](#) for information about the **Healthy Choice New Caregiver Program**.

For Healthy Choice-related questions, contact the Employee Health Plan at 1.216.986.1050 (select option 3) or [visit the Employee Health Plan site](#).

Join some healthy competition

Looking for a challenge to be more active or achieve new health goals? You can build and manage a challenge via your Healthy Choice Portal Challenges page. To get started, [log in](#) and click the Challenges tab on the left side of the page. [Read these step-by-step set-up instructions](#). The challenge portal can accommodate groups of up to 25. To set up challenges for larger groups please contact Vickie Gardner at vgardner@ccf.org.

Also, keep an eye out for new enterprise-wide challenges on the portal throughout the year!

WeightWatchers

Remind your teams that EHP members age 18 and older can [join WW](#) at over 50% off from standard pricing.

[Email Amy Seese](#) or call the WeightWatchers Customer Service Line 1-866-204-2885 if you have any questions.

To learn more about our partnership with WeightWatchers and how you can get started visit ww.com/clevelandclinic

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!

Thank you for all that you do and have a great week!