Cleveland Clinic

Well-being Monthly Updates

November 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.
  - 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://ccemployeewellness.com/joinagym** to get set up.

- **Don’t live near a Cleveland Clinic fitness center? Active & Fit Direct has options for you!**
    - Get access to over 23,000 gyms and studios nationwide starting at just $28 a month. **September through December, $0 enrollment fee with code: JUSTMOVE**. Go to **https://www.activeandfitdirect.com/fitness/AF792125TH** for details and to find participating gyms near you.
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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.
- **Bring a Farmers Market to Your Site!** Cleveland Clinic Farmers Markets make fresh, locally grown foods more accessible to caregivers, patients and our communities. Interested in hosting a market at your location? Contact Jessica Skiles at skilesj@ccf.org to learn more. Visit the Sustainable Operations SharePoint Site HERE.

- **The Holidays Are Meant to Feel Good. WW Makes Sure They Do.** This season, WW gives you the tools to show up confidently, at every table, every party, every week, and walk into the new year already feeling like yourself. **Don't wait! Starting November 16th - December 18th enroll for $10** off your first month when you use promo code **HOLIDAY** at checkout. Available to Cleveland Clinic Employee Health Plan Members only. **Email Amy Seese** or call the WeightWatchers Customer Service Line 1.866.204.2885 if you have any questions.



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:
    - 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**.

For information on Workplace Violence Prevention **click here.**



Stress Management

- **Clarity Emotional Well-Being Program.** The Clarity program offers one-on-one health coaching, mindfulness and CBT-based strategies, and practical tools to help you navigate life's challenges and build resilience. Available to eligible Healthy Choice members enrolled in Health Coaching for 2026. Learn more by visiting the program page **HERE.**
- **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.





Discounts: Health, Wellness and Fitness

- 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 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**



Connect With The Caregiver Well-being Team

- **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.ccemployeewellness.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 Alexa Stark **starka@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 **starka@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



Wellness Programs to Watch

- **Wellness Insider**
  Miracle Morning - Transforming Your Life Before 8 AM By Creating Small Well-being Habits that Create Big Results
  Craig Thorne, M.D., MPH, MBA, FACP, FACOEM
  Wednesday, December 2nd, noon to 1 p.m. EST
  Watch virtually live or **Watch on demand** after the event.

- **Wellness Grand Rounds**
  Current and Emerging Research, Center for Research and Training
  Amanda Shallcross, ND, MPH
  Tuesday, December 8th, noon to 1 p.m. EST
  Watch virtually **Flyer Link**

- **Wellness Connection**
  Aromatherapy – Scents of the Season
  Rose Hosler, RN BSN HNBBC
  Wednesday, December 16th, noon to 12:30 p.m. EST
  Watch virtually live or **Watch on demand** after the event.

Other News and Updates



Tune In Now! Healthy Choice Fourth-Quarter Reward!
Earn a complimentary pair of branded earbuds by meeting one monthly goal: 180,000 steps, 900 active minutes, or completing that month's video activities. Complete a qualifying activity in October, November, or December; your completion will appear on your dashboard, with a reward code sent within 3–5 days.

Well-being Booster - *Share Food to Build Connection*
https://ccf.jiveon.com/docs/DOC-91718
2026 Well-being Booster Facilitation Feedback Form – Fill out form



