

# Monthly Wellness Updates and Reminders

August 23, 2022

## All Locations

### Watch these three Wellness programs in September

Next month, tune in to the programs below:

- Wellness Insider  
[Beyond the Ecstasy and Agony of Everyday Life](#), Param Srikantia, Ph.D.  
Wednesday, September 7th, noon to 1 p.m.  
[Watch virtually](#) live or  
[Watch on demand](#) after the event.
- Wellness Grand Rounds  
[The Five Keys to Staying Healthy and Young Enough to Benefit from the Science Coming- Longevity is the Next Disruptor](#), Michael Roizen, MD (See flyer)  
Wednesday, September 7<sup>th</sup>, noon to 1 p.m.  
[Watch virtually](#)
- Wellness Connection  
[Yoga for Stress Relief](#), Judi Bar, E-RYT 500, C-IAYT  
Wednesday, September 21st, noon to 12:30 p.m.  
[Watch virtually](#) live or  
[Watch on demand](#) after the event.

### Try a virtual yoga or exercise class

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

### Send a Caregiver Celebrations Wellness Award to a colleague!

Does someone on your team organize lunchtime walks, or does your manager begin huddles with a 1-minute mindful moment? If so, [visit Caregiver Celebrations](#) to send them a Wellness Award, which acknowledges caregivers who live healthy lifestyles, promote well-being and make wellness part of our culture.

## Keep up healthy habits in your home office

[Visit this resource page](#) to find tools that can help you maintain healthy eating habits, physical activity and social connections while working from home. Also visit the [Remote Work Resource Center](#) for policy updates, work tips and fun activities for remote and hybrid caregivers.

Follow the [Employee Wellness Facebook](#) page to see the Wellness Tip of the Week from Senior Health Coach Erin Coates on Mondays, burst workout from our Cleveland Clinic fitness specialists and other fun activities to support your well-being.

## Learn something new in the kitchen

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

- [Centers for Integrative and Lifestyle Medicine Culinary Medicine Tool Kit](#)  
Read information on food safety and sanitation, kitchen equipment, cooking methods and knife skills, in addition to 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 live on the Employee Wellness Facebook page every Thursday, or on demand at the link above.
- [Health Essentials](#)  
Access dozens of healthy recipes.

## Manage stress within online and mobile tools

Need ideas for getting better rest or practicing mindfulness? Check out these free resources:

- [Stress Free Now Program](#) (six weeks, plus lifetime access to resources)
- [Go! To Sleep Program](#) (six weeks, plus lifetime access to resources)
- Cleveland Clinic Mindful Moments app ([iTunes](#); [Google Play](#))

## Take 5: Make your well-being a priority

[Print, post and share this flyer](#) to promote access to key caregiver programs that support emotional and spiritual needs, resources for daily living, and tools for personal empowerment.

## Connect with us

- Follow the [Cleveland Clinic Employee Wellness Facebook page](#) for daily wellness updates and live stream events.

- Follow the [Caregiver Well-Being site on Connect Today](#) to access many resources available to support your health and well-being in one place.

## U.S. Locations

### **Wellness Buddy BINGO: Learn about Wellness resources for a chance to win!**

Do you want to incorporate healthy habits into your daily routine but don't know where to start or how to stay motivated? If "yes," our new Wellness Buddy BINGO activity is a great way to learn about the Wellness resources Cleveland Clinic offers while developing healthy habits at the same time.

#### **How to participate**

1. Download the game card at <https://www.ccemployeewellness.com/wellnessbuddybingo>.
2. Select a fellow caregiver to be your "buddy."
3. Together, complete at least one or more activities from each of the columns to spell B-I-N-G-O. Click the hyperlink in each task box for resources that will help you complete the task. Check off the tasks in the form as you complete them.
4. Enter your and your buddy's names and work location(s) at the bottom of the form.
5. Submit your completed form to [wellness@ccf.org](mailto:wellness@ccf.org) by **Sept. 30, 2022** and be entered in a drawing for a chance to win a wellness prize package for you and your buddy, valued at \$125 each!

**Note:** One entry per buddy pair, please. Caregivers may only pair up with one other caregiver.

#### **Work with an eCoach to cope with mild stress**

Would you like to focus more on your overall emotional health and well-being? If so, [register for Clarity](#), a 4-month Cleveland Clinic eCoaching program. [Email Brittney Guilmette](#) if you have questions.

#### **Enroll for Family Supports Resources**

We recognize that you're not only a caregiver at work, but also at home. It really does "take a village," to ensure that our family care needs are met. We're committed to supporting you as you care for those you love, including yourself.

Visit the [Connecting Caregivers](#) page to view resources for child, elder, pet, and home care. Enroll for access to for a free premium membership on the [Care.com platform](#), which allows you to post jobs, search and reach out to local providers 24/7, with unlimited access. In addition, all caregivers have access to back-up care and an extended network of discounts via LifeMart (details below).

- Backup Care for children with vetted in-home or in-center options and backup care for adults with vetted in-home providers, including nurse's aides, home health aides or experienced elder care companions.
- - \$6.00 /per hour for in-home care
  - \$10.00 /per day / per child at child care centers (\$25/day family max)
  - 15 days of back-up care / per year for each Cleveland Clinic Caregiver
- LifeMart Discounts provides offers and savings on major brands and everyday essentials, including electronics, travel, entertainment, home & auto, groceries, and more.

Print, post, and share our [Care.com Flyer](#) for program details and FAQs.

**\*There will be a \$0 copay on backup care from September 19th to September 30<sup>th</sup> so this is a great time to enroll if you haven't done so already!**

## [Ohio Locations](#)

### Know recent changes about our fitness centers

Read these 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, TRW, BOC and Euclid facilities are now open Saturdays and Sundays from 6 a.m. to 8:30 p.m. Please note masks are highly recommended while exercising, and social distancing is encouraged. Use provided wipes to clean your equipment after using it. As a reminder, these facilities are not staffed, and guests are not permitted.

### The Main Campus Farmers Market is back!

Every Wednesday from now through October 19th, come on out and get some fresh local produce at Crile Mall from 10:30am to 1:30pm. You can view our full calendar [here](#). To find out when your favorite produce is in season, take a look at North Union's [seasonal produce guide](#).

Local food is good food—it's more flavorful, contains more nutrients and supports the local economy.

Please adhere to the following safety [guidelines](#) while visiting the market:

- Please be courteous and maintain a six-foot distance from other customers and vendors
- Tell the vendor which items you would like and they will bag for you—please do not touch the products
- Customers should wash produce before consumption
- Wash hands with soap and warm water for at least 20 seconds
- Remain home if you are sick, even with mild illness

SNAP Customers can enjoy up to \$20 matching on Produce Perks. For more information on SNAP and other access programs please click [here](#).

## **Fully Integrated Employee Health Plan Members U.S.**

### **Take note of these Healthy Choice reminders**

To earn your health insurance premium discount for 2023, check your health status and updates on your [Healthy Choice portal account](#). **Remember that the deadline to meet your goals is September 30, 2022.**

- If your status is “Healthy,” ensure your [activity device](#) is linked and your steps and activity minutes are being tracked in the portal. You need 180,000 steps or 900 activity minutes per month in any six of the months from Jan. 1 to Sept. 30, 2022.
- If your status is “Chronic condition,” ensure you are enrolled in a [coordinated care](#) or eCoaching program and are meeting the goals set by your care coordinator.
- If your status is “Unknown,” ask your primary care provider to complete a [Health Visit Form](#) and submit.

If you have 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](#).

## **Check out the Wellness Insiders Network (WIN)**

Developed, implemented and executed by WW, WIN is designed to inspire Wellness Champions to become change agents for wellness. To get started, [visit the WIN website](#) and enter access ID: 14558334. Remind your teams that EHP participants age 18 and older can [join WW](#) at over 50% off from standard pricing. [Email Marissa Davison](#) or call 979.329.8146 with questions.

**Note: Martin, Indian River and Mercy are not yet eligible for WW benefits until full EHP integration in January 2023. More info to come.**