

# Well-being Monthly Updates

May 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](mailto:zatchoe@ccf.org).

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- 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 standard gyms and studios nationwide starting at just \$28 a month. June 1st through August 31st, \$0 enrollment fee with code: GETMOVING. Go to <https://www.activeandfitdirect.com/fitness/AF792125TH> for details and to find participating gyms near you.



## Nutritional Wellness

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- [\*\*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 reimagined 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.

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

\*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](mailto:amy.seese@ccf.org) or call the WeightWatchers Customer Service Line 1.866.204.2885 if you have any questions.



## Safety

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- **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](mailto:protectiveservices@ccf.org).



## Emotional Well-being


## 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](#)
- 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 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 Employee Wellness

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- 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

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- 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

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- 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](mailto:reifsnm@ccf.org) or Amy Traicoff [traicoa@ccf.org](mailto: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](mailto:reifsnm@ccf.org). You all have great ideas and are doing great work, and we want to hear about it!



## Recognition for Well-being

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- 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

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- **Wellness Insider**

### [The Art of Transformative Conversations in Healthcare](#)

Param Srikantia, PhD

Wednesday, June 3, noon to 1 p.m. EST

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

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- **Wellness Grand Rounds**

- [Fibromyalgia and Chronic Syndrome Pathophysiology, Evaluation and Treatment](#)

- Dhia Al Doori, MD

- Tuesday, June 9, noon to 1 p.m. EST

- [Watch virtually](#)

- [Flyer Link](#)

- **[Wellness](#) Connection**

- [Maximizing Flavor in Food: Culinary Medicine Techniques to Elevate Every Plate!](#)

- Gabrielle Zalecky, CC

- Wednesday, June 17, noon to 12:30 p.m. EST

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

## Other News and Updates



- **Healthy Choice**

There's still plenty of time to enroll and earn partial credit toward next year's premium! Be sure to check your Healthy Choice portal to view your specific program requirements if you haven't already. The deadline to participate is June 30th. If you have any questions, a Wellness Specialist is here to help at 216.986.1050, option 3.

- **Conservation Quest 2026: BINGO**

This Earth Day, we are excited to launch **Conservation Quest: BINGO**, a fun, interactive game designed to inspire action, increase knowledge, and build community around resource stewardship with a focus on energy efficiency, waste reduction, and water conservation. The challenge is open to all US caregivers, kicks off **Wednesday, April 22 (Earth Day)**, and runs through Tuesday, June 30th.

### How to Join In

1. Download your [BINGO Card, here](#).
2. Make BINGOs by completing 5 horizontal, vertical, or diagonal rows of actions.
  - Many squares encourage engagement with **Connect Today**—such as posting a photo of an activity, sharing ideas or habits, reading and commenting on signage or documents, etc. Clicking underlined/ hyperlinked text on a particular square will direct you to the content you need to interact with. If the content does not have a comments section (e.g., safe medication disposal), there is no further action you need to take.
3. Complete actions, mark your squares, and aim for as many BINGOs as you can.
  - Each completed BINGO will count as an entry into [raffles for prizes](#), such as duffel bags, AirPods, bikes, coolers, and gift bags of reusable items. ***More BINGOs means better chances at winning big prizes!***
4. At the end of the campaign (or when you have finished your BINGOs), submit your completed BINGO card to our Program Coordinator, Jessica at [skilesj@ccf.org](mailto:skilesj@ccf.org).
  - Prize winners will be selected after June 30<sup>th</sup>. Participants may be contacted if clarification is needed to verify the completion of actions on Connect Today.