

## Monthly Wellness Updates and Reminders

October 24, 2023

### All Locations

#### Watch these three Wellness programs in November

Next month, tune in to the programs below:

- Wellness Insider  
[What spiritually heals in a time of hunger for authentic connection in a polarizing age?](#), Mary Tracy, MDiv, BCC  
Wednesday, November 1st, noon to 1 p.m.  
[Watch virtually](#) live or  
[Watch on demand](#) after the event.
- Wellness Grand Rounds  
[IBD: Inflammatory Bowel Disease](#)  
Joshua Korzenik, MD (flier attached)  
Tuesday, November 14th, noon to 1 p.m.  
[Watch virtually](#)
- Wellness Connection  
[Eating Healthy through the Holidays](#),  
Julia Zumpano, RD, LD  
Wednesday, November 15th, 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 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:

- [Center 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 on the Employee Wellness Facebook page, Caregiver Well-Being Connect Today page or on demand in the link above.
- [Health Essentials](#)

Access dozens of healthy recipes and nutrition tips.

## 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](#)).

**\*The issue downloading the Mindful Moments app from the app store has now been resolved and you should have no trouble finding or downloading. Please let us know if you have any problems with this resource moving forward.**

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

[Click here](#) for 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](#) page to access many resources available to support your health and well-being in one place.

## Wellness Champion Activities Microsoft Teams Group

We have created a new Microsoft Teams Group exclusively for Wellness Champions to stay connected and participate in Wellness related activities together. Our first activity is a Recipe Club that will feature healthy recipes each month. More content coming soon. 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).

## 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!

## U.S. Locations

### Wellness Buddy Wellness BINGO: Learn about 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 Cleveland Clinic caregiver to be your "buddy." Your buddy does not have to work at the same location.
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 you 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 **December 31, 2023**, 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 each quarter, please. Caregivers may only pair up with one other caregiver.

\*Congratulations to Jennifer Baker and Denise Fowler from Mercy Hospital, the winners of our last contest for 3rd qtr. 2023. Thank you for participating and enjoy your wellness prizes!

## 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](#), an 8-week 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 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 childcare 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.

## 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 and Wellness

## Ohio Locations

### Fitness Center News and Updates

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, BOC and Euclid facilities are now open Saturdays and Sundays from 6 a.m. to 8:30 p.m. Please note that 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.
- Caregivers can now 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](mailto: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.

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

### Take note of these Healthy Choice reminders

It's never too early to get set up so that you hit the ground running in 2024 to earn your discount for 2025. Go to your [Healthy Choice portal account](#) to make sure you are set up or create an account.

- 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 6 of the first 9 months from Jan. 1 to Sept. 30, 2024, to earn the full discount (3 months for a partial discount).
- 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](#). 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](mailto:vgardner@ccf.org).

Also keep an eye out for new enterprise-wide challenges throughout the year.

## WW

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

Want to know more about the WeightWatchers approach? [Register for their free Holiday Tips and Tricks webinar](#) on 11/9—you'll learn science-backed strategies to help you win the holidays!

[Email Marissa Davison](#) or call the WW Customer Service Line 1-866-204-2885 if you have any questions.

**Note: Martin, Indian River and Vero Radiology will be eligible for WW benefits in January 2024 after full EHP integration.**

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