

## Wellness Champion Meeting Recap 4/26/22

### EHP

In order to earn your health insurance premium discount for 2023. Please check your health status and updates on your Healthy Choice portal account. If your status is listed as “Healthy” you will need to make sure your activity device is linked and that you are tracking your steps and activity minutes in the portal (180,000 steps or 900 activity minutes per month in any 6 of the first 9 months between Jan 1 and Sept 30. [Click here for more information](#)). If your status is “Chronic Condition” you will need to enroll in a coordinated care or eCoaching program ([Click here for more information](#)). If your status is “Unknown” you will need to submit a Health Visit Form filled out by your PCP and then check your portal account for next steps. ([Click here for Health Visit Form](#)). If you are not participating yet there is still time to receive a partial discount. The deadline for a partial credit is June 30<sup>th</sup>. You will need to participate in at least 3 months between now and September 30<sup>th</sup> for partial credit.

[The Healthy Choice app is available on Apple iPhone and Google Play. You can download to your device by searching “EHP Healthy Choice” in your app store.](#)

Stay connected with the EHP Healthy Choice app from the Employee Health Plan. Use the app to access the Healthy Choice Portal from your mobile device and keep track of your participation requirements for the 2022 program year, physical activity, savings and more. View these instructions to download the app:

[Instructions for Android](#)

[Instructions for iPhones \(personal\)](#)

[Instructions for Cleveland Clinic issued iPhones](#)

Questions? Contact the Healthy Choice app support team at [support@motionconnected.com](mailto:support@motionconnected.com) or call 888-593-8868

If you have additional questions please contact EHP at 1-216-986-1050 (option 3) or go to **the Employee Health Plan site** at <https://employeehealthplan.clevelandclinic.org/>

### Challenges on the Healthy Choice Portal

Looking to challenge yourself or your team? Be more active? Achieve new goals? There are several different types of challenges available to do all of the above! Build and manage a challenge via your Healthy Choice Portal Challenges page. Custom activity challenges are fun to participate in and a great way to compete with your coworkers using a friendly, activity-based platform. Log on to your Healthy Choice Portal page <https://ehp.motionconnected.com/mc1ccehplog.aspx> and click on the Challenges tab on the left hand side of the page to get started. For step by step information on how to set up your

own challenge in go to <https://support.motionconnected.com/portal/en/kb/articles/create-a-custom-activity-challenge>

## WW

\*Cleveland Clinic EHP participants (employees, spouses, and dependents 18 years and older) can join WW at over 50% off from standard pricing. Sign up by going to [www.weightwatchers.com/us/clevelandclinic](http://www.weightwatchers.com/us/clevelandclinic)

Wellness Insiders Network (WIN) was developed, implemented and executed by WW and designed to inspire Wellness Champions to become change agents for wellness within their organization. Became an insider today! Visit [www.ww.com/wellnessinsiders](http://www.ww.com/wellnessinsiders) to get started and enter access ID:14558334.

If you have any questions about WW (Weight Watchers) programs please contact Marissa Davison at 979-329-8146 or [marissa.davison@ww.com](mailto:marissa.davison@ww.com) .

## **Remote Community Board (Hanna Berman)**

## **Family Supports**

On Jan. 1, 2022, Cleveland Clinic transitioned to Care.com's program for family care needs. Caregivers will also have access to Care.com membership and LifeMart Discounts. (Flyer attached)

More about the program:

- **A single portal** provides easy access to all Care.com services. Plus, a mobile app is available to quickly request backup care on the go.
- **Care.com membership**, at no cost to caregivers, allows you to post jobs, search and reach out to local providers 24/7, with unlimited access.
- **Backup care** for children with vetted in-home or in-center options and backup care for adults with vetted in-home providers, home health aides or experienced elder care companions.
- **LifeMart discounts** provides offers and savings on major brands and everyday essentials, including electronics, travel, entertainment, home and auto, groceries and more.

You can access additional information on the Connecting Caregivers Connect Today page <https://ccf.jiveon.com/groups/caregivers-connect> .

For any questions, please contact [familysupports@ccf.org](mailto:familysupports@ccf.org)

\*These programs are available to all Cleveland Clinic caregivers in the continental US.

### **Online Tools**

Join our Facebook page at Cleveland Clinic Employee Wellness for daily wellness updates and live stream events.

<https://www.facebook.com/groups/643094719119882/>

Employee Wellness website Check out some of the great features like the Culinary Medicine Toolkit, In the Kitchen with Chef Jim and Dr. Mike video library, Fitness - On Demand, and Refresh – On Demand! Go to <https://www.ccemployeewellness.com/>

Caregiver Well-Being Connect Today -Access the many resources available to support your health and well-being all in one place. Easily find information on physical health, lifelong learning, social connection, well-being communities as well as emotional and financial well-being. Go to <https://ccf.jiveon.com/community/caregiver-well-being> (Promo post card with QR code attached).  
**Please follow the page and encourage other caregivers to follow as well.**

A new Caregiver Well-Being tile has been added to the caregiver workstation screen for easy access.

### **Caregiver Celebrations Wellness Award**

This new Caregiver Celebration award is now live and can be sent year round from caregiver to caregiver. Help to acknowledge those living a healthy lifestyle, promoting healthy choices and well-being, and individuals that are helping to make wellness a part of our day to day culture. You can access Caregiver Celebrations at <https://caregivercelebrations.workstride.com/external?name=caregiver>

### **Take 5**

Make caregiver well-being a priority, particularly as we continue to experience the challenges of the COVID-19 pandemic. Cleveland Clinic offers a variety of resources for caregivers. **[Print, post and share this flier](#)** to promote access to key caregiver programs that support Emotional and Spiritual needs, Resources for Daily Living, and Tools for Personal Empowerment. It has a handy QR code with information that is accessible from any device and even from home. (Print ready pdf of QR code card attached)

## **Fitness**

Check out **Fitness - On Demand** resources at <https://www.ccmpleeewellness.com/group-exercise>. Caregivers can access Cardio, Strength, Core, and Stretching content any time!

Annual biometric measurements are no longer required to enroll at the Fitness Centers! We still require you to complete an online application on our website (<http://ccmpleeewellness.com/fitness-center-locations>) but then you will receive an email with a link to location-specific instructions to finalize the enrollment process.

Also, our satellite facilities (CCAC, TRW, BOC, and Euclid) are now open Saturday & Sunday 6:00 am to 8:30 pm! We ask that you keep in mind that masks are highly recommended while exercising, to please wipe down your equipment before and after use with the provided wipes, and practice social distancing whenever possible! These facilities are unstaffed, and guests are not permitted.

## **Clarity**

Clarity is a 4-month Cleveland Clinic eCoaching program that focuses on participants' overall emotional health and well-being. Qualifying participants will be paired with a dedicated eCoach whose work is overseen by a licensed clinician. This program is now available to all caregivers in the continental US and is meant as a tool to help cope with mild everyday stress.

Go to [www.clevelandclinicwellness.com/clarity](http://www.clevelandclinicwellness.com/clarity) to register.

If you have any questions please contact Brittney Guilmette at [guilmeb@ccf.org](mailto:guilmeb@ccf.org). See attached flyer for details.

## **Yoga Programs**

### **Daily Wellness Tools for YOU Program**

Weekly, live and virtual. Ongoing self-help support.

Meditation Monday 12:15 – 12:45 pm

Tai Chi Monday 7:15 – 8:00 am

Yoga - Therapeutic Chair 12:15 - 12:45 pm

Tuesday - Level 1

Wednesday - Level 2

Thursday - Level 3

Fitness Friday 10:00 - 10:30 am

All sessions will be held via the Webex platform, registration is required at: [clevelandclinic.org/CILMevents](http://clevelandclinic.org/CILMevents) (See attached flyer for details)

Access Yoga On-Demand offerings [here](#) on the Employee Wellness website.

Yoga on the Go! flyer (See attachment)

### **Stress Free Now Program, Go! To Sleep Program, and Mindful Moments App**

The Stress Free Now and Go! To Sleep online programs are now available for free to all Cleveland Clinic Caregivers. They are 6 week online programs that provide information and techniques to help you better manage stress and get a better nights rest. Go to <https://www.ccmpeyeeewellness.com/stress-free-now1> and <https://www.ccmpeyeeewellness.com/sleep> to learn more and sign up. These programs offer lifetime access. Once you complete them you can still go back and review the material at any time.

Also available for free on iPhone and Android is the Cleveland Clinic Mindful Moments app. It contains a variety of guided breathing and meditation exercises that you can access any time. (See attached flyer)

iTunes:

<https://itunes.apple.com/us/app/mindful-moments-by-ccw/id1449898637?mt=8>

Google play:

<https://play.google.com/store/apps/details?id=com.ccw.MindfulMoments&hl=en>

### **Healthy Habits for Working from Home page**

Working from home can be challenging during the most ordinary of times, so when you're being asked to not only practice telecommuting but also social distancing, you may start to fall into a well-being rut. Keeping your nutrition in check and staying active can be tough when your home is your office. Check out this page for tools to help keep you on the right track when it comes to eating healthy, staying active and keeping connected while working from home.

<https://www.ccmpeyeeewellness.com/healthyhabitsforworkingfromhome>

\*Also, check out the Work from Home Wellness Tip of the Week with Senior Health Coach Erin Coates Mondays on the Employee Wellness Facebook page.

## Education

Wellness Insider on Wednesday, May 4, 2022 from 12pm-1pm in person at Lerner, NA5-08 or watch virtually at <http://webcast.ccf.org/viewerportal/defaultdomain/home.vp> . The presentation is titled, The Great Age Reboot is likely coming with speaker Michael Roizen, MD (See attached flyer)

### Objectives:

1. Discuss why 90 is likely to be the new 40 (review of the research into mechanism of aging)
2. Adopt behaviors that change three outcomes so you will live younger longer
3. Educate your friends and family about the benefits of longevity
4. Educate your team and patients about the mechanisms and benefits of longevity—so they can increase beneficial outcomes now

If you have missed any Wellness Insider presentations you can check out the recordings on the Employee Wellness Insider Video Library at <https://www.ccemployeewellness.com/wi-library> .

Tanya I. Edwards MD Memorial Lecture- on Wednesday, May 4, 2022 from 12p-1p. Watch virtually at <https://us02web.zoom.us/j/82624858814?pwd=RldMRXh3eHFLai9DR253V09MZmY3dz09> . The presentation is titled, Immune Support and the Kitchen Pharmacy with speaker Yufang Lin, MD.

Wellness Grand Rounds on Wednesday, May 11, 2022 from 12pm to 1pm. Watch virtually at <https://cle.clinic/wellnessgrandrounds> . The presentation is titled, Integrative Management of Menstrual Disorders with speaker Anne Kennard, DO (Flier attached)

Wellness Connection on Wednesday, May 18, 2022 from 12pm-12:30pm in person at Lerner, NA5-08 or watch virtually at <http://webcast.ccf.org/viewerportal/defaultdomain/home.vp> . The presentation is titled, Food for Mood and Immune Strength with speaker Danielle Naples, MS, RD, LD (See attached flyer)

### Objectives:

1. Discover ways to eat for better brain and gut health.
2. Discuss simple ways to change your diet and improve your mood.
3. Review how little changes to your lifestyle can improve your gut health and lead to a stronger immune system.

If you have missed any Wellness Connection presentations this year you can check out the recordings on Wellness Connection Video Library at <https://vimeo.com/showcase/wellnessconnection>

## **Nutrition**

Culinary Medicine Tool Kit- Culinary medicine aims to improve caregiver and patients' condition(s) via education, by addressing what they eat and drink regularly. It emphasizes culinary techniques and how to efficiently and confidently prepare health promoting foods that taste great. The objective of culinary medicine is to empower caregivers and patients by providing accurate information, effective self-care skills, and tools to safely improve their nutritional wellbeing, overall quality of life and reduce risks of common lifestyle-related chronic conditions. This Cleveland Clinic's Centers for Integrative and Lifestyle Medicine Culinary Medicine Toolkit is a guide to help achieve those goals. In the tool kit you will find information on food safety and sanitation, kitchen equipment, recipes, cooking methods, and a knife skills instructional video with Chef Jim Perko. To access go to <https://www.ccemployeewellness.com/culinary-medicine-toolkit>

You can also access nutrition resources on the Employee Wellness website at <https://www.ccemployeewellness.com/wellness-institute-resources-1>

### In the Kitchen with Chef Jim and Dr. Mike

Checkout culinary medicine cooking demos on the Employee Wellness Facebook page including a weekly segment each Thursday with Executive Chef Jim Perko and Dr. Michael Roizen called "In the Kitchen with Chef Jim and Dr. Mike".

You can watch past episodes of "In the Kitchen with Chef Jim and Dr. Mike" on the Employee Wellness website at <https://vimeo.com/showcase/inthekitchen>

Access dozens of Cleveland Clinic Health Essentials healthy recipes [here](#).

**Please share this information with your teams. Thanks for all that you do and have a great week!**