

**Cleveland Clinic**  
**Well-Being Resources**  
**January 2022**

# Fitness / Physical Activity



Program / Collateral	Description / Cost
Employee Fitness Center Memberships	Varies by Location
<a href="#">Website Link—FCs</a>	Walker: EHP—free, Non-EHP \$45/month, \$120/ 3 months, \$360/year TRW: EHP— free, Non-EHP—\$240/year CCAC: EHP-free, Non-EHP—\$300/year BOC (only open to BOC employees) EHP- free, Non-EHP \$240/annum Fairview: EHP-free, Non-EHP - \$10/mo Hillcrest: EHP—free Wooster: EHP—free, Non-EHP—\$100/year Euclid ( only open to Euclid Hosp employees) EHP—free, Non EHP—\$120/year MCRC/Medina Recreation Center and 24 HR Fitness in Florida and Las Vegas - contact fitness center staff for more information on those partnerships.
Run Club	Train for a 5k run with this 8-week course which includes educational presentations, training materials, weekly group runs, a tech t-shirt and more! Usually meet for 1 hour during a week night at the Walker Fitness Center. \$45.
<a href="#">Website Link—Run Club</a>	
Group Fitness Classes	We offer a wide variety of classes for all levels, ranging from high-intensity to low-impact.
<a href="#">Website Link—Group Ex</a>	
Personal Training	Our personal training staff is comprised of Fitness Specialists with Bachelor’s Degrees in exercise-related fields. Our mission is to help you achieve your health and fitness goals through education, motivation and individualization. We offer one-on-one 30-minute and one-hour sessions, as well as small group one-hour training sessions.
<a href="#">Website Link—Personal Training</a>	30 Minute: 4 sessions - \$80, 6 sessions - \$100, 12 sessions - \$180. 60 Minute Sessions: 4 - \$140, 6 - \$180, 12 - \$300. Semi-Private 1 hour sessions also available.
Get Active	Event calendar throughout the system and community for employees and families to get involved in!
<a href="#">Website Link—Get Active</a>	
On the Website	Visit the Physical Activity tab for further information on physical fitness guidelines, and occasional CC fitness incentive programs.
<a href="#">Website Link—Physical Activity</a>	

# Stress Management



Program / Collateral	Description / Cost
Refresh on Demand <a href="#">Website Link—Refresh OD</a>	This area of our website offers details on live virtual yoga and meditation offerings. Plus, we maintain video libraries for yoga, meditation and guided breathing practices that are all led by a fellow Cleveland Clinic Caregivers with certifications.
Yoga Teacher Training <a href="#">Website Link—YTT</a>	200 hour training program culminating in initial yoga teaching certification, as defined by Yoga Alliance. Work Study program option available (significant tuition reduction) for CC Employees interested in teaching yoga in their department / facility. Full tuition \$3,900.
Stress Free Now Program <a href="#">Website Link—SFN</a>	Stress Free Now is a highly acclaimed and proven effective program developed at the Cleveland Clinic Wellness Institute. It is designed to increase your ability to live more mindfully, to direct your attention and energy to the present moment. This six-week program is self-guided You will need only a few minutes a day for reading, and 10-15 minutes at least four times each week for the relaxation practice.
Clarity <a href="#">Website Link—Clarity</a>	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 available free of charge to all Cleveland Clinic Caregivers.
Intro to Mindfulness MyLearning	This virtual experience on Mindfulness will put participants in touch with many resources. During the virtual session, participants will learn techniques and practice those with support. Also included will be testimonials from subject matter experts within Cleveland Clinic enterprise. Sustaining Mindfulness will be supported by a menu of options post-class.
Recharge with H.E.A.R.T. MyLearning	This virtual experience on stress relief is presented collaboratively by teams in Patient Experience, Caregiver Wellness, Caregiver Experience, and Innovations. We recognize that this may be a fast-paced, stressful work environment, and how we are affected both physically and emotionally. Caregivers often report feeling depleted and unable to find a proper work/life balance. In order to maintain our organizational commitment to putting Patients First, we need to take care of <b>ourselves</b> and <b>each other</b> . That's the focus of Recharge with H.E.A.R.T.
Refresh Toolkit <a href="#">Website Link—Toolkit</a>	Simple tools and techniques that can be bookmarked for virtual use, or printed out for posting in work areas.
Go! To Sleep <a href="#">Website Link—Go! Sleep</a>	6 week online program, clinically designed to improve sleep quality and reduce insomnia symptoms. eCoaching also available to keep participants on
Mindful Moments App Available on App Store	Smartphone app offers 15 specially designed stress meditation exercises of varying length, allowing for a regular, simple daily practice of stress relief. Free download.

# Education and Engagement



Program / Collateral	Description / Cost
Wellness Champions <a href="#">Website Link—Champions</a>	The Employee Wellness team works in collaboration with a network of Champions, each of whom serve an extension of our team in their own departments and facilities; working to promote a culture of wellness and encouraging participation in Cleveland Clinic Wellness programs.
Wellness Insider <a href="#">Website Link—WI</a>	60 minute presentation delivered by a healthcare provider / professional, on the first Wednesday of each month. Topics are chosen with a specific focus on wellness within the healthcare model, both within Cleveland Clinic and beyond. These presentations are intended for the caregiver audience exclusively.
Wellness Connection <a href="#">Website Link—WC</a>	30 minute presentation delivered by a wellness industry professional, on the third Wednesday of each month. Topics are chosen based on areas of general interest within the field of health and wellness. These presentations are open to patients and visitors, as well as Caregivers.
<a href="#">Wellness 5k Run/Walk</a>	This family-friendly event is open to the public, and features fabulous goodies and prizes! Please join us to celebrate health and wellness among the fall colors in our beautiful city of Cleveland. All proceeds go to Velosano Kids and Cleveland Clinic Children's.
Wellness Consulting Send email to employee wellness	-Consultation of whole team or department culture of wellness assessment and guidance, implementation of well-being tools.  -One on One coaching assistance to assess personal overall well-being and provide guidance on access to available tools for each person
Wellness experiences and Events Link Coming Soon!	We provide speakers and experiences (chair massage, yoga demonstrations, etc) for events around the system. We also have a resource road show throughout the system, look for one coming to you soon!
On the Website <a href="#">Website Link—Education</a> <a href="#">Website Link—Communities</a>	See the Education and Communities tabs for ideas to increase engagement and encourage a culture of wellness.  Education link is updated regularly with unique content.  Communities link summarizes available experiences in your community.

# Nutrition



Program / Collateral	Description / Cost
Culinary Medicine Toolkit <a href="#">Website Link— CM</a>	Culinary medicine aims to improve a 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.
Nutrition Strategy <a href="#">Website Link—Nutrition</a>	<p>In 2018, Cleveland Clinic launched the Foods that YOU Love That Love YOU Back program. This program focuses on providing foods and beverages that are healthy and delicious.</p> <p>Phase I of this program targeted the reduction and/or elimination of the following items in prepared and/or sold food and drink items at all Cleveland Clinic facilities: Trans Fat, Fried Foods, High Fructose Corn Syrup and Beverages with Added Sugar or Syrup.</p> <p>This is just the first step in an ongoing process to ensure patients, visitors and caregivers are making the healthiest food selections possible.</p>

On the Website <a href="#">Website Link—Nutrition</a>	See the Nutrition tab for articles eating well on a budget, how to read food labels, In the Kitchen library and information on diets often prescribed by Wellness Institute Physicians.
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# Toxins / Tobacco



Program / Collateral	Description / Cost
Smoking Cessation <a href="#">Website Link— Tobacco</a>	Covered by the Employee Health Plan. Call 877-688-2247 for details.
On the Website <a href="#">Website Link—Toxins</a>	See the Nutrition tab for articles about when and why it matters to eat organic, and EWG's Dirty Dozen and Clean Fifteen produce guide, which is updated annually.

# Healthy Choice Program

Program / Collateral	Description / Cost
Healthy Choice Portal <a href="#">Website Link—EHP HCP</a>	View your personalized program requirements, care coordination nurses and hurdles, physical activity/steps, as well as current and historical premium levels. Caregivers - and their participating spouses - are able to access the portal at any time from the EHP website.
Coordinated Care <a href="#">Website Link— EHP CC</a>	Living with a chronic condition can be difficult, but getting it under control is easier when you don't go it alone. That's why EHP offers over 20 Coordinated Care (disease management) programs at no extra charge .
Nutrition Services <a href="#">Website Link—EHP Nutrition</a>	Nutrition therapy services are available for all EHP members at no cost. There are no co-pays or forms required for EHP members who want to take advantage of registered dietitian services, and members do not have to be a part of a Coordinated Care Plan to be eligible.
Fitness Centers <a href="#">Website Link—EHP Physical Activity</a>	EHP members are able to become members of certain CC-owned fitness centers at no additional charge. See Fitness / Physical Activity page or the EHP page link for details.
<b>Weight Management Programs (T1)</b>	
eCoaching	These programs are offered through Cleveland Clinic and regional hospitals, and are free of charge to EHP members. Each program has a schedule of classes with agendas for each class. See EHP website for details.
Eat Well Group WM Program	
PSMF Diet	
Be Well Kids Clinic	
Fit Youth Program	
Weight No Longer (Wooster) <a href="#">Website Link—EHP WM T1</a>	
WW <a href="#">Website Link—EHP WM Partners</a>	EHP offers partial payment (50%) on these popular weight management programs. See EHP website for details.
<b>Employee Assistance Program</b>	
<a href="#">Website Link—EAP</a>	Expert, confidential and free support is available to caregivers facing difficult life events or situations. There is no cost for services offered by our programs. Services are confidential. All records are kept separate from medical and employment records.



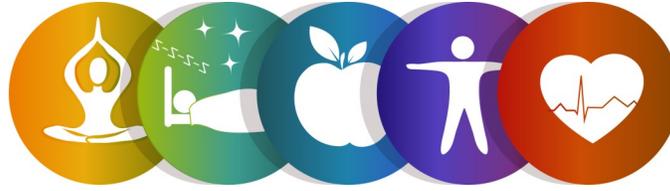
Program / Collateral	Description / Cost
Personal Wellbeing	
Wellbeing Resource Referrals <a href="#">Website Link</a>	Confidential referral system designed to promote personal and professional growth.
Professional Staff Assistance Program (PSAP) <a href="#">Website Link</a>	Offers professional staff a spectrum of resources aimed at supporting wellness, prevention, and personal and professional development.
Executive Health <a href="#">Website Link</a>	Premier service with minimal waiting. The examination requires just one day of your time to get a solid baseline of your health status and discuss your concerns.
<a href="#">Caring for Caregivers Wellbeing Site</a>	Wellbeing website provides staff and their family with free confidential access to online resources, 24/7. Resources related to work, family, caregiving, health and wellbeing. Articles, tips sheets, self-assessments, MP3s and videos.
Stress Free Now for Healers <a href="#">Website Link</a>	All staff can participate in this web-based program that effectively reduces perceived stress through relaxation practices and meditations. The program includes daily strategies and step-by-step instructions. (8 CMEs available).
Women’s Professional Staff Association (WPSA) <a href="#">Website Link</a>	WPSA represents the interest of the women serving on the Professional Staff at Cleveland Clinic, preparing them for advancement, establishing a network of support for development , and advocating for resources necessary to foster engagement at work.
Back-Up Care Program <a href="#">Website Link</a> <a href="#">Overview Brochure</a>	All Professional Staff in the US are eligible for 15 days of Backup Child and Elder Care through Care.com , when your regular child/elder care provider is not available, your child is ill, or schools/centers are closed due to holidays or weather.
Well-Being Day <a href="#">FAQ</a> <a href="#">ARMS Request Instructions</a>	Effective 1-1-17, professional staff are encouraged to use one meeting day from their annual allotment for wellbeing activities, defined as any activity to support the health and wellbeing of a staff member.

# OPSA continued



Program / Collateral	Description / Cost
Professional Wellbeing	
Staff Coaching and Mentoring Program	Provides mentees with a coach as well as access to a mentoring network throughout Cleveland Clinic.
<a href="#">Website Link</a>	
Center for Excellence in Healthcare Communication	Education, training, and resources for around relationship-centered communication.
<a href="#">Website Link</a>	
Global Leadership and Learning Institute Learning Technologies	The Learning Technologies team focuses on the design, development, and deployment of technology based learning solutions. The goal is to deliver a robust learning infrastructure—processes, technology and solutions to enable learning for our caregivers.
<a href="#">Website Link</a>	
Administration	
OPSA	Office of Professional Staff Affairs is part of the Chief of Staff Office and is responsible for helping Cleveland Clinic to recruit and retain a professional staff of the highest quality.
<a href="#">Website Link</a>	
Newly On-Boarded Staff	Comprehensive on-boarding resource page designed to ensure smooth and speedy transition to the Clinic.
<a href="#">Website Link</a>	
Yellow Book	Major Policies and Procedures for the Professional Staff (Yellow Book) is an important reference for professional staff member of Cleveland Clinic.
<a href="#">Web-PDF Link</a>	

# Wellness Institute Clinical Services



Program / Collateral	Description / Cost
<p>Integrative Medicine Consult</p> <p><a href="#">Website Link—INT</a></p>	<p>Integrative medicine doctors give patients recommendations and assist them in choosing how to integrate complementary therapies and treatments into their lives. No referral needed. Insurance billed.</p>
<p>Lifestyle Medicine Consult</p> <p><a href="#">Website Link—LIFE</a></p>	<p>Lifestyle medicine doctors work with patients to create a personalized lifestyle self-care plan to treat and manage chronic disease(s). No referral needed. Insurance billed.</p>
<p>Shared Medical Appointments</p> <p><a href="#">Website Link—SMAs</a></p>	<p>A series of uniquely designed medical appointments, where patients are in the company of others who share similar health concerns. Offered for patients experiencing a variety of post-acute treatments for cancer, chronic disease, and addictions.</p>
<p>Acupuncture</p> <p><a href="#">Website Link—Acupuncture</a></p>	<p>Soothing therapy offered by a licensed acupuncturist.</p>
<p>Chiropractic Services</p> <p><a href="#">Website Link—Chiropractic</a></p>	<p>Treatment for the whole body: muscles, tendon, ligament, bones, cartilage, and nervous system.</p>
<p>Chinese Herbal Therapy</p> <p><a href="#">Website Link—Chinese Herbal</a></p>	<p>Use of Chinese herbs to address unhealthy body patterns that manifest in a variety of symptoms and complaints.</p>
<p>Holistic Psychotherapy</p> <p><a href="#">Website Link—Holistic Psych</a></p>	<p>Holistic psychotherapy utilizes traditional and non-traditional therapies of holistic healing with the purpose of creating an integration of the mind, body and spirit.</p>
<p>Massage Therapy</p> <p><a href="#">Website Link—MT</a></p>	<p>Professionally trained massage therapists use touch to manipulate the tissues of the body in a skilled and sensitive way.</p>
<p>Stress Management</p> <p><a href="#">Website Link—Guided Imagery</a></p>	<p>Addresses stress-related illnesses and conditions, this program is managed by a practitioner certified in Interactive Guided Imagery or a certified clinical hypnotherapist.</p>
<p>Wellness Nutrition Consults</p> <p><a href="#">Website Link—CILM Services</a></p>	<p>Includes a full analysis of diet from a nutrition expert, along with meal planning. Treatment offered for chronic conditions; medications, weight goals and special diets are considered.</p>