

Well-being Monthly Updates

March 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.

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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.
 - **Celebrate National Walking Day – April Walking Contest!** In honor of National Walking Day on April 1st, we're kicking off a Month of April Walking Challenge to support healthy habits and caregiver well-being!

How to Participate:

- Go for a walk during the month of April —
- Walk solo, with a friend or coworker, or host a walking meeting
- Take a selfie during your walk
- Post about your experience on the [Caregiver Well-being Connect Today](#) page

Everyone who posts will be entered for a chance to win a wellness prize pack! Whether it's a quick break around the building, a scenic weekend stroll, or a team walking meeting, every step counts toward a healthier you.



Nutritional Wellness

- [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.
- **WeightWatchers Specials for Employee Health Plan Members:**
 - EHP members ages 18 and older can [join WW](#) at over 50% off from standard pricing.
 - [Email Amy Seese](#) or call the WeightWatchers Customer Service Line 1.866.204.2885 if you have any questions.



Safety


- **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.




Stress Management

- **[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.



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



Financial 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 Tools

- **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](#)

Making Connections



Connect With Employee Wellness

- 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

- If you or 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 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
- 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 Reifsnyder reifsnm@ccf.org or Amy Traicoff 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. You all have great ideas and are doing great work, and we want to hear about it!



Recognition for Well-being

- 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.
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Learn and Grow



Wellness Programs to Watch

- **Wellness Insider**

[Turning the Inverted Food Pyramid Upside Down: Embracing Plant-Based Nutrition for Personal and Planetary Health](#)

Mladen Golubic, MD, PhD

Wednesday, Apr. 1, noon to 1 p.m. EST

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

- **Wellness Grand Rounds**

[Integrative Rheumatology Management Strategies](#)

Jill Weintraub, MD

Tuesday, Apr. 14, noon to 1 p.m. EST

[Watch virtually](#)

[Flyer Link](#)

- **Wellness Connection**

[Caregiver Safety](#)

Officer Ashley Connole

Wednesday, Apr. 15, noon to 12:30 p.m. EST

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

Other News and Updates



Healthy Choice Reminders for EHP Members

Healthy Choice: [The Healthy Choice program](#) is a voluntary premium discount program for the employee health plan (EHP) that rewards you for taking action to manage your health. When you participate and meet the program requirements, you'll be eligible to earn up to a **30% discount** off next year's premium. If you have a spouse on the health plan, they can also participate, and together you can achieve the best discount.

Are you new to Cleveland Clinic? [Click here](#) for information about the **Healthy Choice New Caregiver Program**

For 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 competitions**
 - 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, contact Vickie Gardner at vgardner@ccf.org.
 - Sign up for the Foundations of Care challenge and receive free challenge stickers and tracking map. [Request yours here](#).
- **Keep an eye out for new enterprise-wide challenges on the portal throughout the year!**