

## Monthly Wellness Updates and Reminders

### December

#### All Locations

#### Watch these Wellness programs in January

Next month, tune in to the programs below:

- Wellness Insider  
[Treatment-Resistant Depression and Transcranial Magnetic Stimulation](#), Stephen Ferber, MD  
Wednesday, January 8th, noon to 1 p.m. EST  
[Watch virtually](#) live or  
[Watch on demand](#) after the event.
- Wellness Grand Rounds  
[Tai Chi: A Review of the Evidence](#), Robert Saper, MD, MPH  
Tuesday, January 14th, noon to 1 p.m. EST  
[Watch virtually](#)
- Wellness Connection  
[New Year, New You: Transform your health with smart nutrition goals](#), Alexis Supan RD, MHP  
Wednesday, January 15th, noon to 12:30 p.m. EST  
[Watch virtually](#) live or  
[Watch on demand](#) after the event.

#### Try a virtual yoga or exercise class

- [Fitness – On Demand](#) to access our cardio, strength, core and stretching content from any place, at any time.
- [Register to attend](#) Daily Wellness Tools for YOU Program offerings, including meditation, yoga and fitness classes.

## Send a Caregiver Celebrations Appreciation 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 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 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, proper kitchen equipment, cooking methods and knife skills, in addition to great 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 website, 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 with online tools

Need ideas for practicing mindfulness or yoga? Check out this free resource:

- [Refresh – On Demand](#) to access yoga, meditation, and breathing exercises from any place, at any time.

## 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.](#)

## Connect with us

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.

## Caregiver Well-being Success Stories

Do you have a wellness success story to tell or would like to share how participating in the Wellness Champion program has had a positive impact on yourself, fellow caregivers, and the communities that you serve? We would love to hear from you! You can share your story on the Caregiver Well-being Connect Today Well-being Community page at <https://ccf.iiveon.com/community/caregiver-well-being/pages/well-being-community> .

## Wellness Champion Activities Microsoft Teams Group

We have created a Microsoft Teams Group exclusively for Wellness Champions to stay connected and participate in Wellness related activities together. Check out the Recipe Club activity that will feature healthy recipes each month. If you are interested in being added to the group, please contact Matt Reifsnyder [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.ccmpleeewellness.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 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 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.ccmpleeewellness.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, 2024**, 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 and Julia Pavlina from Fairview Hospital and Anne Misch from the Center for Behavioral Health, the winners of our last contest for 3rd qtr. 2024. Thank you for participating and enjoy your wellness prizes!

#### Family Supports/ Care.com Update

- Effective Dec 31, 2024, Cleveland Clinic's contract with Care.com ends.
- Starting Jan 1, 2025, caregivers will no longer have access to Care.com paid for by Cleveland Clinic and physicians and APPs will no longer have access to subsidized back-up care.
- Impacted caregivers were notified via direct email on October 30, 2024.
- All caregivers will have the ability to keep their existing accounts.

- Care.com will send each account holder a direct email with options for a consumer membership.
- There are several vendor discounts available around dependent care. Offers can be found on the HR Portal under “Caregiver Discounts”
- Questions can be directed to [familysupports@ccf.org](mailto:familysupports@ccf.org).

## 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 & Wellness or Gym Memberships

## 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).

See attachment for more details.

## Ohio Locations

### 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.
- Our CCAC, BOC 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.
- 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.

\*See attached flyer for information on Cleveland Clinic fitness centers, On-Demand content, and fitness discount options

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

### Take note of these Healthy Choice reminders

2025 premium levels are now available on the Healthy Choice portal and members new Health Status will be updated on January 3<sup>rd</sup>. It's never too early to get set up so that you hit the ground

running in 2025 to earn your discount for 2026. 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, 2025, 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 or coach.
- If your status is “Unknown,” ask your primary care provider to complete a [Health Visit Form](#) and submit.

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](#).

- See attached flyer for details on the Healthy Choice 4<sup>th</sup> Quarter Reward program or login to your Healthy Choice portal account to learn how you can earn great prizes!

### 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 on the portal throughout the year!

### Weight Watchers

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

[Email Amy Seese](#) or call the Weight Watchers Customer Service Line 1-866-204-2885 if you have any questions.

### 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!

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