

Monthly Wellness Updates and Reminders

July 22, 2025

All Locations

Watch this Wellness program in August

Next month, tune in to the programs below:

- Wellness Grand Rounds
[Sleep and the Importance of Circadian Rhythm for Metabolic Function](#),
Emily Manoogian, PhD
Tuesday, August 12th, noon to 1 p.m. EST
[Watch virtually](#)
- Wellness Insider and Wellness Connection series are on pause for the summer and will resume in September. More information to come.
- Go to <https://www.ccmemployeehealth.com/education> to watch Wellness Insider and Wellness Connections presentations from the first half of this year.

Try a virtual 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.

Manage stress with online tools

Need ideas for practicing mindfulness or yoga? Check out these free resources:

- [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.

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 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.

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.

Thrive Boosters- Focused well-being topics for your team meetings

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

Thrive booster documents  [TWYA Boosters Final v4.pdf](#)

*You can also find the Thrive Boosters on the Cleveland Clinic Wellness Champion Teams Channel under Wellness Champion Resources.

To learn more and/or get started with TWYA Boosters, please complete [this request form](#).

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.jiveon.com/community/caregiver-well-being/pages/well-being-community> .

Cleveland Clinic Wellness Champion Microsoft Teams Group

[Access Wellness Champion resources](#) including monthly meeting recaps, recruitment materials, team program guide, healthy recipes, best practices and more. If you have not already been added and would like to be please email Matt at reifsnm@ccf.org .

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 Reifsnnyder reifsnm@ccf.org or Amy Traicoff 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.ccmpeyeeewellness.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!

[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.

U.S. Locations

Tai Chi for Knee Osteoarthritis Study

Dr. Saper and the Department of Wellness & Preventive Medicine have an NIH Grant to study virtual live Tai Chi classes for knee osteoarthritis. Previous studies have shown decreased pain, stiffness, and improved function with Tai chi. This is a pragmatic trial with UCLA, Boston Medical Center, Tufts, and University of New Mexico. Patients will be randomized to either 12 weeks of twice per week virtual classes or usual care. After the study is done (one year) the usual care group will receive access to tai chi. Minimum age is 50 years old. Being a Cleveland Clinic patient in Ohio or Florida and a clinical diagnosis of knee OA is needed (X-rays not necessary). If there already has been a knee replacement on one side unfortunately, they are not eligible. To refer a patient is easy: In Epic, just click CONSULT TO TAI CHI. The research team takes it from there. If a patient is not eligible, their names will be held onto as we are starting soon a non-study virtual tai chi class for all comers. If you are interested in the study yourself, you can email taichiknee@ccf.org. Feel free to email/epic message Dr. Saper saperr@ccf.org or email taichiknee@ccf.org with any questions. Participants can receive up to \$140 over the course of the study. See attached flyer for more information.

New Mindfulness Course at CCF (Jenn Sauer)

Caring for Caregivers is excited to invite you to participate in a pilot version of a new mindfulness program designed specifically for Cleveland Clinic caregivers. This course, Mindfulness for Caregivers, is informed by the evidence-based Mindfulness-Based Stress Reduction (MBSR) program but has been abbreviated and tailored to meet the unique needs of our healthcare environment. It offers practical, accessible tools to help enhance focus, manage stress, and support your well-being in the flow of daily life.

What to expect:

- **Length:** 6 weekly sessions (90 minutes each) + 1 orientation session
- **Dates:** Thursdays, 10:30am-12pm, on 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20.
- **Format:** Virtual (MyLearning / Zoom)
- **Who it's for:** All caregivers are welcome—no prior mindfulness experience needed.

While we do strongly encourage participation in each session of this course, it is not strictly required for this opportunity. We intend to use this pilot experience to learn from our willing participants. Your feedback and input will help us to build a version that truly reflects the needs and culture of our organization.

If you're interested in participating, please contact Jenn Sauer at sauerj@ccf.org and she will forward invites to hold the time on your calendar/s. She will send out a follow-up email containing the registration link, once it is finalized.

Thank you for all that you do—and we hope you'll join us for this experience.

Hillcrest Book Club Event

All caregivers are welcome to join virtually on September 15, 2025 from 5-7 PM EST for a conversation with Laura Cathcart Robbins, author of the book Stash: My Life in Hiding. RSVP to Loren Hackett at hackett2@ccf.org for Microsoft Teams meeting link. See attached flyer for details.

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.

Go to: <https://eap.mylifematters.com/login>

Company Password

CFC-OH (Ohio)

CFC-US (FL, NV, and all other US locations)

See attached flyer for details or call Caring for Caregivers at 216-445-6870 or 800-989-8820 (option 2) to reach a Work-Life Specialist.

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.

See the 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 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 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://ccemployeeewellness.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

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](#).

***The deadline for completing your final metrics is September 30th. See attached flyers for Healthy Choice Final Metric Hub locations and dates.**

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.

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.

[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. 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!

