

## Wellness Champion Meeting Recap 7/27/21

### **EHP (Annie Fearon)**

Make sure you are checking your Healthy Choice portal frequently to insure that your health visit form information is current and that your activity is tracking accurately. Activity requirements and/or Coordinated Care program goals need to be met by September 30, 2021 to earn your discount for 2022.

Members should login to their Healthy Choice portal to view their health status and Personal Program Requirements. Please take a look at the new Program Overview and Getting Started Guide on the EHP website for details.

The new Healthy Choice app is now available on Apple iPhone and Google Play. You can download to your device by searching "EHP Healthy Choice" in your app store.

Changes for 2021:

Some Chronic Condition members will participate in eCoaching instead of the traditional Coordinated Care program.

Step requirements have increased in 2021 to align with CDC and NIH recommendations:

- The step requirement for the "Healthy" health status is increasing from 150,000 steps per month to 180,000 steps per month or 900 activity minutes.

Fitness center visits will not count toward Healthy Choice in 2021, but EHP members can still take advantage of a free membership at participating centers, including Cleveland Clinic fitness centers and LifeStyles.

If you have additional questions please contact EHP at 877-688-2247 (Option 2) or go to **the newly designed Employee Health Plan site at <https://employeehealthplan.clevelandclinic.org/>**

### **Childcare /Eldercare Programs and Resources (Jenn Sauer)**

Caregivers that need access to things like daycare, in home childcare, tutoring, eldercare and pet care can now call the One HR service center from 6am to 5pm Mon-Fri at 216-448-2247 or 877-688-2247 for assistance on finding resources to fit their needs. Below is information on the various services available. You can also access information on the Connecting Caregivers Connect Today page <https://ccf.jiveon.com/groups/caregivers-connect> .

### **Bright Horizons**

- Back-Up Care for Children and Adult/Elder Family Members

- For use when something comes up that would otherwise prevent a caregiver from getting to work
- Fully screened and vetted care providers
- In-home or center-based care for children and adults/elders

CENTER BASED CARE	IN HOME CARE
Copay: \$15 per day per care recipient with a family max of \$25/day*	Copay: \$6/hour for unlimited care recipients with a 4 hour minimum*
Utilization: One day is equal to one day of care for unlimited care recipients	Utilization: One day is equal to one day of care for up to 10 hours for unlimited recipients
Individual Max/Day: \$25	Copay Maximum: N/A
Access to 15 days of care per year	

\*Copay may be waived for eligible caregiver.

- September and October promotion: Copay will be waived for all caregivers.
- Family Care and School Support
  - Jump ahead on Bright Horizons center waitlists or get tuition discounts at partner centers.
  - Take advantage of waived membership fees (\$150 value) for Sittercity's premium database of sitters and virtual sitting.
  - Get discounts on College Nannies, a local nanny placement service for trained, screened nannies.
  - Get exclusive discounts on tutoring, test prep, and enrichment classes from high-quality education partners.
- We are encouraging caregivers to register now so they are ready to go when they need it!
  - Visit [clients.brighthouse.com/clevelandclinic](https://clients.brighthouse.com/clevelandclinic).
  - Browse the service details and select "use it" to begin your registration.
  - Enter "ClevelandClinic" for Employer Username, and "Benefits4You" for Password to create your credentials.
  - Download the Back-Up Care app. Search "back-up care" in the [Apple Store](#) or [Google Play](#).

Bright Horizons Benefit Overview: Back-Up Care and Enhanced Family Supports for Cleveland Clinic  
On Wednesday, August 4, 2021 at 12:00-1:00 PM EST (Flyer attached)

Wondering what you'll do when your regular caregiver is unavailable or an adult relative needs help around the house? Are you looking for a nanny, sitter, housekeeper, full-time child care, tutoring and academic support, or even pet care? **Bright Horizons Back-Up Care** and Bright Horizons Enhanced **Family Supports** can help every step of the way. Join our webinar to learn how! We encourage all that are interested to register. Even if you aren't able to make the day / time, as long as you register, you will automatically receive an email link to the recording afterwards.

[Click here for more information or to register](#)

## **WW**

Cleveland Clinic EHP participants (employees, spouses, and dependents) 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)

WW (Weight Watchers) has put together a few assets for you to use to highlight the physical activity features of the WW program. Below is an overview of the physical activity features in the WW app, as well as content packages highlighting different types of physical activity, and a WW value flyer.

### **FitPoints:**

To help members see how their activity can make a difference, WW created FitPoints – members get rewarded for staying active. The FitPoints algorithm is personalized, based on age, sex, height and weight, and designed to guide members toward those activities that are higher in intensity so they can become stronger, fitter and heart-healthier.

### **Activity Partners (Aaptiv & FitOn):**

WW offers two activity partners, to make activity approachable for members and encourage them to make activity part of their lifestyle no matter where they are in their journey. Between the 2 partnerships, WW members have access to a little over 200 video and audio workouts.

- FitOn is a streaming video workout service where members are able to search for a variety of different workouts from yoga to dance to strength training. Workouts are able to be filtered by intensity and length of time. The objective is for everyone to find a workout that's approachable all from the comfort of their home.
- With Aaptiv members can choose from a variety of voice-prompted workouts or activity options.
- Aaptiv helps inspire people to move and get active and we reward members with FitPoints for their activity.

### **Flyer:**

- WW Value (attached)

If you have any questions about WW (Weight Watchers) programs please contact Kathleen Skirvin at [Kathleen.skirvin@ww.com](mailto:Kathleen.skirvin@ww.com)

## **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/>

If you haven't been to the Employee Wellness website in a while, check out some of the new 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.ccemployeeewellness.com/>

To subscribe to receive daily Cleveland Clinic Health+Wellness Tips go to

<https://health.clevelandclinic.org/daily-healthwellness-tips/>

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)

## **Fitness**

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

TRW fitness center is now open along with BOC and CCAC- Mon to Fri 6am-6:30pm. All CCF employees and their dependents (16 years or older) on the CCF EHP insurance are welcome to use the fitness center after registering. For more information and to access the online application go to <https://www.ccemployeeewellness.com/physical-activity>

\*Masks are no longer required while exercising in the fitness centers but are required in the common areas, hallways, etc.

Running 2BWell 5k Run and 1 Mile Walk (sponsored in part by Cleveland Clinic)  
August 7<sup>th</sup> at 8 am at Munroe Falls Metro Park, 521 S River Rd, Munroe Falls, OH 44262  
Go to <https://www.running2bwell.org/beach> for more details.

## **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

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

Tuesday - Level 1

Wednesday - Level 2

Thursday - Level 3

Fitness Friday 10:00 - 10:30 am

Culinary Medicine/Nutrition Friday 12:15 - 12:45 pm two times per month (see event page for dates)

All sessions will be held via the Webex platform, registration is required at: [clevelandclinic.org/CILMevents](http://clevelandclinic.org/CILMevents) or click [here](#). (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.ccmpleeewellness.com/stress-free-now1> and <https://www.ccmpleeewellness.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.

\*Completing Stress Free Now for Healers now qualifies caregivers to receive 8 CME through 12-31-2021 if fully completed.

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>

### **New 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 our new page for tools to help keep you on the right track when it comes to eating healthy, staying active and keeping productive while working from home.

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

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

### **Education**

Wellness Insider will resume on September 1<sup>st</sup> and will be live broadcast from the Lerner building.

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

Wellness Connection will resume on September 15<sup>th</sup> and will be live broadcast from the Lerner building

If you have missed any Wellness Connection presentations over the past few months you can check out the recordings on the Employee Wellness 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.ccmemployeehealth.com/culinary-medicine-toolkit>

You can also access nutrition resources on the Employee Wellness website at <https://www.ccmemployeehealth.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](#).

#### Farmers Market-

The Main Campus Farmers Market at the Crile Mall will take place each Wednesday from 10:30am to 1:30pm until Oct 20<sup>th</sup>. For more information go to <https://ccf.jiveon.com/events/8335>

Strongsville is hosting a farmers market on Thursdays from 10am to 1pm through September 30<sup>th</sup>.

South Pointe Hospital will be hosting Farmers Market days on Wednesdays, starting July 7<sup>th</sup> – Sept 30<sup>th</sup>. Luther Farm will be setting up produce for sale from 10:30a-1:00p.

#### **Best Practices**

Stephanie Wheeler from Mercy Hospital shared some of the wellness programs and activities that she has organized to engage her caregiver population. Great job Stephanie!

- Monthly Newsletter with a section featuring caregivers that have made lifestyle changes to impact their well-being and showing their personal journey.
- Corn Hole Tournament
- Healthy Selfie Challenge- caregivers take pictures engaged in healthy habits such as exercise, nutrition, and stress management techniques. The pictures are posted on wellness boards

throughout the hospital (with caregiver consent) and participants are entered into a raffle for prizes.

- HOF Sunrise Yoga (flier attached for details)
- Traveling Gym Bag- a gym bag full of light weights, exercise bands, healthy recipe cards, yoga information, etc. is distributed to different departments throughout the year for the caregiver teams to use.

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