

Cleveland Clinic
Well-Being Resources
April 2020

Fitness / Physical Activity



Program / Collateral	Description / Cost
Employee Fitness Center Memberships	Varies by Location 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.
Group Fitness Classes	We offer a wide variety of classes for all levels, ranging from high-intensity to low-impact. Free with membership (except TRX—\$5/class \$25/6 classes).
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. 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!
On the Website	Visit the Physical Activity tab for further information on physical fitness guidelines, and occasional CC fitness incentive programs.

[Website Link—FCs](#)

[Website Link—Run Club](#)

[Website Link—Group Ex](#)

[Website Link—Personal Training](#)

[Website Link—Get Active](#)

[Website Link—Physical Activity](#)

Stress Management



Program / Collateral	Description / Cost
EW Yoga Classes Website Link—Classes	60 minute classes occurring weekly / 12 different locations / \$5 per class for CC Employees / passes available. See link for schedule. We can also tailor experiences for groups of 8 or more regular participants.
Yoga Teacher Training Website Link—YTT	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.
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.
Stress Free Now Program Website Link—SFN	<p>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. Our clinical study, published in the <i>Annals of Behavioral Medicine</i>, shows a 40% decrease in stress among program participants and a 70% increase in vitality.</p> <p>This six-week program is time-efficient and doable in the context of your life. 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.</p>
Go! To Sleep Website Link—Go! Sleep	<p>6 week online program, clinically designed to improve sleep quality and reduce insomnia symptoms. eCoaching also available to keep participants on track.</p> <p>The Go! To Sleep program is free for all caregivers.</p>
Stress Dots Yoga on Demand	<p>Fun, quick tool to use in team meetings or individually to gain real time feedback on your level of stress.</p> <p>4 yoga videos that you can follow if you cannot make one of our classes.</p>
Intro to Mindfulness MyLearning	This course on Mindfulness will put participants in touch with many resources. The course itself will include defining Mindfulness, research that forms a solid evidence base, examples ranging from meditation to more focused practices. Participants will learn techniques and practice those with support.
On the Website Stress Management	Visit the Stress Management tab for additional collateral and information on the importance of stress management in every wellness plan, as well as information on services offered through the Center for Integrative and Lifestyle Medicine.

Stress Management



Program / Collateral	Description / Cost
Recharge with H.E.A.R.T. web-link Coming Soon!	Recharge with H.E.A.R.T.SM was developed collaboratively by the Office of Patient Experience, the Office of Caregiver Experience, and the Wellness Institute. It is designed for you, our caregivers, to give you the tools and skills to address stress and to be able to recharge. The program is comprised of three separate one hour sessions: “In the Moment”, “Being Prepared”, and “Supporting Each Other”.

Education and Engagement



Program / Collateral	Description / Cost
<p>Wellness Champions</p> <p>Website Link—Champions</p>	<p>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.</p>
<p>Wellness Grand Rounds</p> <p>Website Link—WGR</p>	<p>60 minute presentation delivered by a healthcare provider / professional, on the second 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. *CME credits are available to Grand Rounds participants.*</p>
<p>Wellness Connection</p> <p>Website Link—WC</p> <p>Wellness 5k Run/Walk</p>	<p>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.</p> <p>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</p>
<p>Wellness Consulting</p> <p>Send email to employee wellness</p>	<p>-Consultation of whole team or department culture of wellness assessment and guidance, implementation of well-being tools.</p> <p>-One on One coaching assistance to assess personal overall well-being and provide guidance on access to available tools for each person</p>
<p>Wellness experiences and Events</p> <p>Link Coming Soon!</p>	<p>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!</p>
<p>On the Website</p> <p>Website Link—Education</p> <p>Website Link—Communities</p>	<p>See the Education and Communities tabs for ideas to increase engagement and encourage a culture of wellness.</p> <p>Education link is updated regularly with unique content.</p> <p>Communities link summarizes available experiences in your community.</p>

Nutrition



Program / Collateral	Description / Cost
Kitchen Prescription	Monthly program designed to promote awareness of nationally recognized wellness initiatives. Each month features a recipe provided by a CC physician/provider. Caregivers that participate by preparing the monthly recipes are entered in a drawing to win a Vitamix.
Website Link—Coming Soon	
Nutrition Strategy	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. 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. This is just the first step in an ongoing process to ensure patients, visitors and caregivers are making the healthiest food selections possible. Our goal is to reduce or eliminate all food and drink offerings containing the below items by 2020
On the Website	See the Nutrition tab for articles seating well on a budget, how to read food labels, and information on diets often prescribed by Wellness Institute Physicians.
Website Link—Nutrition	

Toxins / Tobacco



Program / Collateral	Description / Cost
Smoking Cessation	Covered by the Employee Health Plan. Call 877-688-2247 for details.
Website Link—Tobacco	
On the Website	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.
Website Link—Toxins	

Healthy Choice Program

Program / Collateral	Description / Cost
Healthy Choice Portal Website Link—EHP HCP	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 Website Link— EHP CC	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 Website Link—EHP Nutrition	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 Website Link—EHP Physical Activity	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.
Weight Management Programs (T1)	
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)	EHP offers partial payment (50%) on these popular weight management programs. See EHP website for details.
Website Link—EHP WM T1	
WW Website Link—EHP WM Partners	
Employee Assistance Program	
Website Link—EAP	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.



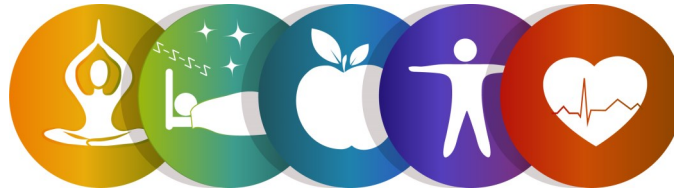
Program / Collateral	Description / Cost
Personal Wellbeing	
Wellbeing Resource Referrals Website Link	Confidential referral system designed to promote personal and professional growth.
Professional Staff Assistance Program (PSAP) Website Link	Offers professional staff a spectrum of resources aimed at supporting wellness, prevention, and personal and professional development.
Executive Health Website Link	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.
Caring for Caregivers Wellbeing Site	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 Website Link	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) Website Link	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 Advantage Program (BUCA) Website Link Fact Sheet FAQs	All Professional Staff in the US are eligible for 10 days of Backup Child and Elder Care through Bright Horizons Backup Care Advantage Program , 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 FAQ ARMS Request Instructions	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.
Website Link	
Center for Excellence in Healthcare Communication	Education, training, and resources for around relationship-centered communication.
Website Link	
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.
Website Link	
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.
Website Link	
Newly On-Boarded Staff	Comprehensive on-boarding resource page designed to ensure smooth and speedy transition to the Clinic.
Website Link	
Yellow Book	Major Policies and Procedures for the Professional Staff (Yellow Book) is an important reference for professional staff member of Cleveland Clinic.
Web-PDF Link	

Wellness Institute Clinical Services



Program / Collateral	Description / Cost
<p>Integrative Medicine Consult</p> <p>Website Link—INT</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>Website Link—LIFE</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>Website Link—SMAs</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>Website Link—Acupuncture</p>	<p>Soothing therapy offered by a licensed acupuncturist.</p>
<p>Chiropractic Services</p> <p>Website Link—Chiropractic</p>	<p>Treatment for the whole body: muscles, tendon, ligament, bones, cartilage, and nervous system.</p>
<p>Chinese Herbal Therapy</p> <p>Website Link—Chinese Herbal</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>Website Link—Holistic Psych</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>Website Link—MT</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>Website Link—Guided Imagery</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>Website Link—CILM Services</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>