

Wellness Champion Meeting Recap 4/27/21

EHP

Make sure you are checking your Healthy Choice portal frequently to insure your health visit form information is current and that your activity is tracking accurately.

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 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.
- Members enrolled in Coordinated Care for Weight Management are encouraged to be physically active. The activity goal is increasing from 100,000 steps per month to 150,000 steps per month or 600 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/>

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

Private Virtual Workshop

WW has partnered with Cleveland Clinic to launch a Private Virtual Workshop exclusively for you and your colleagues. That's right – you now have the option to attend a weekly Virtual Workshop full of familiar faces. You're not going to want to miss this!

To view the schedule and details, simply join your organization's Connect group by [clicking here](#). **Important:** You must click the link from a mobile device to be directed to the Connect group.

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

Childcare /Eldercare Programs and Resources

Caregivers that need access to things like daycare, in home childcare, tutoring, eldercare, Boys and Girls Clubs 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 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.brighthorizons.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](#).

Caregiver Celebrations- Well-being Award

June 1 is deadline for managers/staff to submit Caregiver Award nominations. Nominees for the Caregiver Celebrations Well-Being Award should be caregivers that exhibit a commitment to promoting wellness programs in the workplace and community. These caregivers live by example in the lifestyle they exhibit through a passion for nutrition, physical activity as well as mindfulness practice, and inspire others to do the same. Nominees should be those with the innovative spirit to explore and implement new ways to make wellness activities more accessible to the caregivers, patients and communities they serve. If you know of a caregiver or team that is deserving of nomination please encourage your supervisor or staff to submit in the Caregiver Celebration portal by June 1st. (Notification has already gone out to managers and staff as to the process to submit.).

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.ccemployeewellness.com/>

To subscribe to receive daily Cleveland Clinic Health+Wellness Tips go to <https://health.clevelandclinic.org/daily-healthwellness-tips/>

Well-being Connect Today page coming soon! Access the many resources available to support your health and well-being all in one place. Caregivers will be able easily find information on physical health, lifelong learning, social connection, well-being communities, as well as, emotional and financial well-being. Stay tuned for more details.

Fitness

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

CCAC Fitness Center is now open

All CCF employees and their dependents on the CCF EHP insurance are welcome to use the CCAC fitness center. However one must first register prior to use and to gain access. I have included the webpage with further information along with the application link.

<https://www.ccemployeewellness.com/ccac>

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 to register.

If you have any questions please contact Brittney Guilmette at 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 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.ccemployeewellness.com/stress-free-now1> and <https://www.ccemployeewellness.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.ccemployeewellness.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 is scheduled for Wednesday, May 5, 2021 from 12pm to 1pm. The presentation is titled Before, During, and After: Coping with the COVID-19 Pandemic with speaker Tammy Shella, PhD, ATR-BC

Objectives:

1. Identify 3 trauma responses related to the pandemic
2. Explain the concept of “flow state”
3. Name 2 coping strategies to improve mental health

This presentation will be held via Microsoft Teams. I will be sending meeting invites to all Wellness Champions. Please forward to invite to anyone that may be interested.

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

Wellness Connection is scheduled for Wednesday, May 19, 2021 from 12pm to 12:30pm. The presentation is titled Prioritizing Your Emotional Health with speaker Brittney Guilmette- Senior Health Coach, Clarity Account Manager

Objectives:

1. Facilitate a conversation to raise your awareness of how you experience stress
2. Provide you with practical techniques to increase your ability to manage stress, manage your time, and feel more relaxed
3. Introduce Clarity: An Emotional Well-being eCoaching program

This presentation will be held via Microsoft Teams. I will be sending meeting invites to all Wellness Champions. Please forward the invite to anyone that may be interested.

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>

Wellness Grand Rounds scheduled for Wednesday, May 12, 2021 from 12pm to 1pm. The presentation is titled Healthy Aging, with Michael Roizen, MD. Go to <https://bit.ly/2Nj1IPd> to view the live webcast. (Flier attached)

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.ccmemployeeewellness.com/culinary-medicine-toolkit>

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

Best Practices

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