

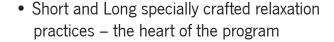
Employee Discounts

We are pleased to provide employees with free access to any of these online programs designed by the wellness team at the world-famous Cleveland Clinic. Please see below for instructions on how to access the programs.

If you have questions, please contact our customer service department at 216.448.8141.

Stress Free Now for Healers

Helps individuals work through and manage the stressors they face day-to-day so they experience a more joyful life, clearer, more effective thinking, and better health.



- 42 educational topics to help you develop the ability to live mindfully
- Daily strategies with step-by-step instructions that will help you more effectively respond to life's stressors
- Emails every Monday, Wednesday and Friday to help you stay up-to-date with your program



Click here to access:

https://www.ccemployeewellness.com/stress-free-now1

Go! To Sleep

Follows a similar treatment plan to those used in top sleep clinics to help individuals modify behaviors to improve their sleep, look better, feel better, and have more energy.



- 6 weeks' worth of effective sleep therapy
- An online sleep log and daily sleep efficiency
- 6 specially crafted relaxation practices
- Daily e-mails from the program
- Personal progress charts

Email: CustomerCare@ClevelandClinicWellness.com for an access code to the program