

## Wellness Champion Meeting Recap 11/23/21

### EHP

We encourage you to stay active in Healthy Choice through the end of the year, monitor your activity in the portal, and keep in touch with your Coordinated Care nurse so that you hit the ground running in 2022.

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.

Do you use the Healthy Choice app to sync with Apple Health or Google Fit? Be sure to download the latest version. The upgraded app will have the same look and features, with one major update. Data from Apple Health and Google Fit will link **directly** with the EHP Healthy Choice app, which means **you will no longer need the MC Link app**.

You will not lose any data in your Healthy Choice portal when you update.

We encourage you to do this as soon as possible as the older version of the EHP Healthy Choice app will no longer work in the near future. If you link directly to Garmin or Fitbit, you should also upgrade to the new app.

View these instructions to update your app:

[Instructions for Android](#)

[Instructions for iPhones \(personal\)](#)

[Instructions for Cleveland Clinic issued iPhones \(available Friday, Aug. 6\)](#)

Questions? Contact the Healthy Choice app support team at [support@motionconnected.com](mailto:support@motionconnected.com) or call 1-888-593-8868.

If you have additional questions or need to contest your Healthy Choice status for 2022 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 18 years and older) 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.

### **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.

Wellness Insiders Network (WIN) was developed, implemented and executed by WW and designed to inspire Wellness Champions to become change agents for wellness within their organization. Became an insider today! Visit [www.ww.com/wellnessinsiders](http://www.ww.com/wellnessinsiders) to get started and enter access ID:14558334.

If you have any questions about WW (Weight Watchers) programs please contact Marissa Davison at 979-329-8146 or [marissa.davison@ww.com](mailto:marissa.davison@ww.com).

## **Childcare /Eldercare Programs and Resources**

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. You can also access information on the Connecting Caregivers Connect Today page <https://ccf.jiveon.com/groups/caregivers-connect>.

\*These programs are available to all Cleveland Clinic caregivers.

## **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/>

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). Please follow the page and encourage other caregivers to follow as well.

\* New Caregiver Well-Being tile will be added to the caregiver workstation desktop screen so keep on the lookout for that update.

## **Take 5**

Make caregiver well-being a priority, particularly as we continue to experience the challenges of the COVID-19 pandemic. Cleveland Clinic offers a variety of resources for caregivers. **Print, post and share this flier** to promote access to key caregiver programs that support Emotional and Spiritual needs, Resources for Daily Living, and Tools for Personal Empowerment. It has a handy QR code with information that is accessible from any device and even from home.

## **Fitness**

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

Hours of operation have been extended at select Cleveland Clinic Fitness Centers:

Walker (Main Campus)  
CCAC (Beachwood)  
BOC (Independence)  
TRW (Lyndhurst)  
Euclid Hospital

The new hours of operation will be Monday – Thursday 6:00 am – 8:30 pm and Fridays from 6:00 am – 7:30 pm! All locations will still be closed on the weekends.

(Hours are subject to change based on COVID-19 cases and state/local/Cleveland Clinic mandates.)

To enroll, please visit <http://ccemployeehealth.com/fitness-center-locations> to complete an application. We hope to see you soon!

**\*Fitness centers will be closed on Thursday, November 25th for Thanksgiving.**

### **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 (Jenn Sauer)**

#### **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](https://clevelandclinic.org/CILMevents) or click [here](#). (See attached flyer for details)

Access [Yoga On-Demand offerings here](#) on the Employee Wellness website.

### Virtual Yoga for Caregivers

Same class weekly, but 2 different class time offerings per week; plus, a breathing/ quiet practice Thursday mornings.

The classes will grow and flow on a weekly basis.

All classes will be held virtually through zoom.

Tuesdays from 4pm-4:30pm.

Thursdays from 7:15am- 7:45am

and

Thursdays from 12:15pm - 12:45pm.

The zoom link for each class will be:

Join Zoom Meeting

<https://us05web.zoom.us/j/4948699006?pwd=T2toamdXbjJ5RVlTU5sL093WU9kUT09>

Meeting ID: 494 869 9006

Passcode: U0ky0Z

Prior to joining any class- you will have to complete an online waiver for the clinic and practice ONE time/ your first time.

The waiver can be completed at: <https://www.ccemployeewellness.com/wellnessprogramswaiver>

Please make sure when you log into zoom that your name on your zoom picture is updated with first and last name (for attendance purposes).

Any questions. Please don't hesitate to reach out to Erin Dominick via email: [DominiE@ccf.org](mailto:DominiE@ccf.org)

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.ccmemployeeewellness.com/stress-free-now1> and <https://www.ccmemployeeewellness.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>

### **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.ccmemployeeewellness.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 on Wednesday, December 1, 2021 from 12pm-1pm in person at Lerner, NA5-08 or watch virtually at <http://webcast.ccf.org/viewerportal/defaultdomain/home.vp> . The presentation is titled- Holiday Survival Guide: 'Tis the Season for Stress with speaker Param Srikantia, PhD (Flyer attached)

Objectives:

1. Build a framework for celebration by setting ground rules and letting go of societal expectations.
2. Explore multicultural strategies for coping with holiday stress.
3. Discuss how the emerging practice of consciousness-based transformation can offset the social and economic challenges that arise during the holiday season.

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

Wellness Connection on Wednesday, November 15, 2021 from 12pm-12:30pm in person at Lerner, NA5-08 or watch virtually at <http://webcast.ccf.org/viewerportal/defaultdomain/home.vp> . The presentation is titled , A Healthy Approach to Holiday Eating with speaker Lisa Burnett, RD, LD. (Flyer coming soon)

#### Objectives:

1. Review holiday weight gain trends
2. Learn ways to eat health during the holidays
3. Explore the importance of proper portion size

If you have missed any Wellness Connection presentations this year you can check out the recordings on Wellness Connection Video Library at <https://vimeo.com/showcase/wellnessconnection>

Wellness Grand Rounds on December 8, 2021 from 12pm-1pm. The presentation is titled Acupuncture for Chronic Health Concerns with speakers Megan Scott, Lac and Galina Roofener, LAc. Watch via live webcast at <https://bit.ly/2Nj1IPd> (Flyer 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.ccemployeewellness.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](#).

**Please share this information with your teams. Thanks for all that you do and Happy Holidays!**