

Monthly Wellness Updates and Reminders

October 22, 2024

All Locations

Watch these Wellness programs in November

Next month, tune in to the programs below:

- Wellness Insider
[Becoming Derailed During the Holidays](#), Jim Perko, CEC, AAC
Wednesday, November 6th, noon to 1 p.m. EST
[Watch virtually](#) live or
[Watch on demand](#) after the event.
- Wellness Grand Rounds
[The Year in Plants 2024: Evidence About the Inevitable Way We Need to Live](#),
Andrew Freeman, MD
Tuesday, November 12th, noon to 1 p.m. EST
[Watch virtually](#)
- Wellness Connection
[Staying Active for Life: The Benefits of Life-long Movement](#), Henry Gilbert MS,
NBC-HWC, CSCS
Wednesday, November 20th, noon to 12:30 p.m. EST
[Watch virtually](#) live or
[Watch on demand](#) after the event.

Try a virtual yoga or exercise class

- Visit [Fitness – On Demand](#) to access our cardio, strength, core and stretching content from any place, at any time.
- [Refresh – On Demand](#) to access yoga, meditation, and breathing exercises from any place, at any time.
- [Register to attend](#) Daily Wellness Tools for YOU Program offerings, including meditation, yoga and fitness classes.

Send a Caregiver Celebrations Appreciation Award to a colleague!

Does someone on your team organize lunchtime walks, or does your manager begin huddles with a 1-minute mindful moment? If so, [visit Caregiver Celebrations](#) to send them an Appreciation Award. You can select the "**Well-being**" category, which recognizes individuals who contribute to and advocate for a workplace culture that prioritizes well-being at the organization, team and individual level.

Learn something new in the kitchen

Find kitchen and nutrition-related resources in the links below:

- [Center for Integrative and Lifestyle Medicine Culinary Medicine Tool Kit](#)

Read information on food safety, proper kitchen equipment, cooking methods and knife skills, in addition to great recipes.

- [Wellness Nutrition Resources](#)

Read information about anti-inflammatory foods, the Mediterranean diet, healthy recipes and more.

- ["In the Kitchen with Chef Jim and Dr. Mike"](#)

Episodes of culinary medicine cooking demonstrations are available to watch on the Employee Wellness website, Caregiver Well-Being Connect Today page or on demand in the link above.

- [Health Essentials](#)

Access dozens of healthy recipes and nutrition tips.

Manage stress within online and mobile tools

Need ideas for getting better rest or practicing mindfulness? Check out these free resources:

- [Stress Free Now Program](#) (six weeks, plus lifetime access to resources)

- [Go! To Sleep Program](#) (six weeks, plus lifetime access to resources)
- Cleveland Clinic Mindful Moments app ([iTunes](#); [Google Play](#)).

*The issue with downloading the app on Google Play has been resolved. Please let us know if you run into any more problems.

Take 5: Make your well-being a priority

[Click here](#) for access to key caregiver programs that support emotional and spiritual needs, resources for daily living, and tools for personal empowerment.

Thrive Where You Are eLearning Course

Learn on your own with this self-paced 15-minute course. Explore your individual well-being needs and interests and create an action plan using a habit-based approach. [Click here for more information.](#)

Connect with us

Follow the [Cleveland Clinic Employee Wellness Facebook page](#) for wellness updates and live stream events.

Follow the [Caregiver Well-Being page on Connect Today](#) to access many resources available to support your health and well-being in one place.

Wellness Champion Activities Microsoft Teams Group

We have created a Microsoft Teams Group exclusively for Wellness Champions to stay connected and participate in Wellness related activities together. Check out the Recipe Club activity that will feature healthy recipes each month. If you are interested in being added to the group, please contact Matt Reifsnyder reifsnm@ccf.org or Amy Traicoff traicoa@ccf.org.

Wellness Champion Recruitment

If you know of a fellow caregiver that is interested in joining the Wellness Champion team, please direct them to Wellness Champion home page at <https://www.ccmpleeewellness.com/wellness-champions> and have them click on the "Join our Team!" button to fill out the short application form. All Cleveland Clinic caregivers are welcome to join!

U.S. Locations

Wellness Buddy BINGO: Learn about resources for a chance to win!

Do you want to incorporate healthy habits into your daily routine but don't know where to start or how to stay motivated? If "yes," our Wellness Buddy BINGO activity is a great way to learn about the Wellness resources Cleveland Clinic offers while developing healthy habits at the same time.

How to participate

1. Download the game card at <https://www.ccmpleeewellness.com/wellnessbuddybingo>.
2. Select a fellow Cleveland Clinic caregiver to be your "buddy." Your buddy does not have to work at the same location.
3. Together, complete at least one or more activities from each of the columns to spell B-I-N-G-O. Click the hyperlink in each task box for resources that will help you complete the task. Check off the tasks in the form as you complete them.
4. Enter you and your buddy's names and work location(s) at the bottom of the form.
5. **Submit your completed form to wellness@ccf.org by December 31, 2024**, and be entered in a drawing for a chance to win a wellness prize package for you and your buddy, valued at \$125 each!

Note: One entry per buddy pair each quarter, please. Caregivers may only pair up with one other caregiver.

*Congratulations to and Julia Pavlina from Fairview Hospital and Anne Misch from the Center for Behavioral Health, the winners of our last contest for 3rd qtr. 2024. Thank you for participating and enjoy your wellness prizes!

Work with an eCoach to cope with mild stress

Would you like to focus more on your overall emotional health and well-being? If so, [register for Clarity](#), an 8-week Cleveland Clinic eCoaching program. [Email Brittney Guilmette](#) if you have questions. The program is free for all US caregivers.

Health and Wellness Discounts

There are many fitness center and wellness related discounts and offers available to caregivers.

To view:

- Login to the [Caregiver Workday and Portal](#)
- Select Current Caregiver to log in to Workday
- Click Access the HR Portal (located on the bottom right of the page under Announcements)
- Click on the MY Money tab at the top of the page
- Click Caregiver Discounts
- Click Health & Wellness or Gym Memberships

Ohio Locations

Main Campus Farmers Market

Every Wednesday through October 23rd, come on out and get some fresh local produce at Crile Mall from 10:30am to 1:30pm.

You can view the full calendar [here](#). To find out when your favorite produce is in season, take a look at North Union's [seasonal produce guide](#).

Fitness Center News and Updates

- Annual biometric measurements are no longer required to enroll at Cleveland Clinic fitness centers. You just need to [apply online](#), then check your email for a link to location-specific instructions for finalizing enrollment.
- Our CCAC, BOC and Euclid facilities are now open Saturdays and Sundays from 6 a.m. to 8:30 p.m. As a reminder, these facilities are not staffed, and guests are not permitted.
- Caregivers can now use the Intercontinental Hotel gym at Main Campus and may access during the following hours:

Monday through Thursday: 8:30 pm – 6:00 am

Friday: 8:30 pm and all throughout the weekend until 6:00 am Monday

Caregivers interested in using this site will need to email Eric Zatchock at zatchoe@ccf.org first. Caregivers will need to be a member of the Walker Fitness Center prior to requesting access. A request to Security will then be made to activate the caregiver's badge for the Intercontinental Hotel gym. If not already enrolled at Walker, caregivers can complete an application at <http://ccemployeewellness.com/joinagym> to get set up.

*See attached flyer for information on Cleveland Clinic fitness centers, On-Demand content, and fitness discount options.

Fully Integrated Employee Health Plan Members U.S.

Take note of these Healthy Choice reminders

2025 premium levels are now available on the Healthy Choice portal. It's never too early to get set up so that you hit the ground running in 2025 to earn your discount for 2026. Go to your [Healthy Choice portal account](#) to make sure you are set up or create an account.

- If your status is "Healthy," ensure your [activity device](#) is linked and your steps and activity minutes are being tracked in the portal. You need 180,000 steps or 900 activity minutes per month in any 6 of the first 9 months from Jan. 1 to Sept. 30, 2025, to earn the full discount (3 months for a partial discount).
- If your status is "Chronic condition," ensure you are enrolled in a [coordinated care](#) or eCoaching program and are meeting the goals set by your care coordinator or coach.

- If your status is “Unknown,” ask your primary care provider to complete a [Health Visit Form](#) and submit.

For Healthy Choice-related questions, contact the Employee Health Plan at 1.216.986.1050 (select option 3) or [visit the Employee Health Plan site](#).

- See attached flyer for details on the Healthy Choice 4th Quarter Reward program or login to your Healthy Choice portal account to learn how you can earn great prizes!

Join some healthy competition

Looking for a challenge to be more active or achieve new health goals? You can build and manage a challenge via your Healthy Choice Portal Challenges page. To get started, [log in](#) and click the Challenges tab on the left side of the page. [Read these step-by-step set-up instructions](#). The challenge portal can accommodate groups of up to 25. To set up challenges for larger groups please contact Vickie Gardner at vgardner@ccf.org.

Also, keep an eye out for new enterprise-wide challenges on the portal throughout the year!

Weight Watchers

Remind your teams that EHP members age 18 and older can [join WW](#) at over 50% off from standard pricing. Promotional flyer attached.

[Email Amy Seese](#) or call the Weight Watchers Customer Service Line 1-866-204-2885 if you have any questions.

The holidays are a time for celebration, but they can also be challenging for your well-being. Join WW Coaches Sophie Webb and Lisa Shaub for a free webinar, **Maintaining Healthy Habits in a Season of Indulgence**, where we'll share simple strategies for staying balanced and feeling your best. From mindful eating to self-care and staying active, you'll get tips to enjoy the festive season while supporting your health. It will be held on November 21st at 1pm EST. Don't miss it!

Click [Here](#) to register.

Best Practices

If you have any Wellness Champion best practices that you would like to share with the group or any information about a wellness event or activity that you have organized recently, please send to reifsnm@ccf.org. You all have great ideas and are doing great work, and we want to hear about it!

Thank you for all that you do and have a great week!