

## **2020 Healthy Choice Program Requirements: Healthy**

The Employee Health Plan (EHP) has determined that you are in the “Healthy” status category. While plan records indicate that you have not been identified with one of the chronic conditions the Healthy Choice program focuses on, we hope you will take advantage of the program to maintain your good health so that you may qualify for a lower premium in 2021.

### **Steps to take to qualify for the best premium:**

- Join or continue to participate in an EHP approved fitness center (listed on the EHP website [employeehealthplan.clevelandclinic.org](http://employeehealthplan.clevelandclinic.org)) and participate 10 times per calendar month or participate in Cleveland Clinic Yoga classes 10 times per month (or any combination of both EHP approved fitness center and Cleveland Clinic Yoga classes for a total of 10 times per month) for any six months by Sept. 30, 2020;

### **OR**

- Participate using a plan-approved activity device (listed on the EHP website [employeehealthplan.clevelandclinic.org](http://employeehealthplan.clevelandclinic.org)) connected to the EHP Healthy Choice Portal to track 150,000 steps or 900 physical activity minutes each calendar month for any six months From January 1, 2020 to September 30, 2020. To order a device, click on “Device Store” on your Healthy Choice Portal account.

Don't forget! Be sure to login to your Healthy Choice Portal once per week to monitor your data is being recorded.

If you have been participating in one of these programs, continue doing so in order to meet the requirements for a lower premium. If you have not been participating in any of these programs, please consider joining and participating so that you can potentially position yourself for a better premium.

Please note: If you are newly diagnosed during 2020 with one or more of these conditions - asthma, diabetes, high blood pressure, high cholesterol, nicotine/tobacco use, or weight management - please contact the health plan to have your records updated. You will need to join a Coordinated Care program(s) and meet program requirements to be eligible for a premium discount in the future.

Note to health plan members with physical challenges: If you have a disability or medical condition that prevents you from meeting the physical activity requirement for the Healthy Choice premium discount please contact the EHP to discuss wellness management options that fit your needs.

Questions? Cleveland Clinic or Cleveland Clinic Akron General caregivers or spouses should call 216.448.2247 (option 2) or toll-free at 1.877.688.2247 (option 2)