

Modified 2020 EHP Weight Management Goals

*These guidelines have been modified in 2020, due to Covid-19.

This is for the Healthy Choice Weight Program.

Please read carefully because some items have changed.

Goals for success:

- Weight loss goals are set by your care coordinator, based on your starting BMI (Body Mass Index) each program year, October 1 through November 30th.
- To receive the **LARGEST** premium discount: **FULLY** meet your weight loss goal, BP and LDL goals by November 30th.
- To receive a **PARTIAL** premium discount: **Stay at or below** your starting weight, and fully meet the BP, LDL and step goals by November 30th.
- **NO ADDITIONAL EARNED DISCOUNT: If your final reported weight between August 15th and November 30th is HIGHER than your starting weight**
- Cholesterol:
 - LDL at or below 130. Or below 100 for people with Diabetes or Coronary Artery Disease
 - Under age 40: at least one blood test; or every year if level is high or you are on medication
 - Age 40 or over: blood test every 3 years; or every year if level is high or you are on medication
- Blood pressure (BP) at or below 140/90.
- Take your medications as ordered.
- Participate in the program and communicating with your Care Coordinator

REMEMBER: You are responsible for getting a weight, lab work, and BP. The deadline is November 30th. You must communicate with your Care Coordinator as required. Let us know how you want to be contacted. You must let us know your results by MyChart, email, voicemail, fax, or from the approved fitness centers.

BMI Range	BMI weight loss	Contact with your Care Coordinator
27 - 29.99	1	Every 6 months
30 - 34.99	2	Every 3 months
35 - 39.99	3	Every 3 months
40 or more	4	Every 2 months

Physical Activity: Members need to check the Healthy Choice portal. You need to have FOUR (4) months of reaching the steps goal. Or working out at a Cleveland Clinic/Akron General approved fitness center. This is to help with your weight loss progress.

Program for Pregnant Moms: Pregnancy changes your program requirements. Contact your Care Coordinator for information and updates.

For programs to help you meet your weight loss goals, or for detailed information on EHP programs, including new programs added during the year, go to www.clevelandclinic.org/healthplan. For AGMC members, go to <https://akrongeneralehp.clevelandclinic.org/>