

Program Requirements | Weight

The Healthy Choice program is a voluntary premium discount program from the Employee Health Plan (EHP) that rewards you for taking action to manage your health. The program provides resources to help you save on your premium and support your overall well-being. When you participate and meet the program requirements, you'll be eligible to earn up to a 30% discount off next year's premium.

If you have a spouse on the health plan, they can also participate, and together you can achieve the best discount.

Health Status | Chronic Condition – Weight

Your current Health Status is: **Chronic Condition**. This means you will partner with a Care Coordinator to meet goals specific to the program(s) you are enrolled. If you disagree, after completing enrollment in the program, please ask your Care Coordinator to learn more about an appeal such as a body fat analysis (BFA) which needs to be submitted by Mar. 31 for consideration.

How to Get Started

- Scan the QR code below to download the Healthy Choice app and create or log in to your account.
- Log in to your Healthy Choice portal, under "Chronic Conditions" click "Enroll" no later than **March 31**.
- Enroll in **ALL** required programs by completing the questionnaire and click "submit".
- Your status will update to "In progress" until you connect with your Care Coordinator.
- You can expect a phone call within a few weeks from date of enrollment.



How to Earn Full Credit

- Enroll in the Weight program with Coordinated Care no later than **March 31**.
- Connect with your Care Coordinator to review your goals and participate in the program for a minimum of **6 months** and meet all program goals.
- If you are identified for multiple conditions, you must meet your goals in all programs between **Aug. 15–Sept. 30** to earn full credit.
- Obtain and report completion of final metrics to your Care Coordinator between **Aug. 15–Sept. 30**.

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These requirements are specific to the weight program. Credit will not be given if your ending weight exceeds your starting weight or if you do not complete and report required final metrics. If you have more than one Chronic Condition your program goals may vary. Pregnancy changes your program requirements. Refer to the FAQ found in your portal or contact your Care Coordinator for more information.

How to Earn Partial Credit

Option 1

- Enroll in the Weight program with Coordinated Care no later than **March 31**.
- Connect with your Care Coordinator or Health Coach to review your goals and participate in the program for a minimum of **6 months** and meet some of your program goals.
- If you are identified for multiple conditions, you must meet some of your goals in the programs between **Aug. 15–Sept. 30** to earn partial credit.
- Obtain and report completion of final metrics to your Care Coordinator between **Aug.15–Sept. 30**.

Option 2

- Enroll in the Weight program with Coordinated Care no later than **June 30**.
- Connect with your Care Coordinator to set your goals and participate in the program for a minimum of **3 months** and meet all program goals.
- If you are identified for multiple conditions, you must meet all of your goals between **Aug. 15–Sept. 30** to earn partial credit.
- Obtain and report completion of final metrics to your Care Coordinator between **Aug.15–Sept. 30**.

These requirements are specific to the weight program. Credit will not be given if your ending weight exceeds your starting weight or if you do not complete and report required final metrics. If you have more than one Chronic Condition your program goals may vary. Pregnancy changes your program requirements. Refer to the FAQ found in your portal or contact your Care Coordinator for more information.

Clinical Goals | Weight

The clinical goals below are required for you to earn a Healthy Choice premium discount. Progress toward meeting these goals will be listed in the Healthy Choice portal. These goals are specific to the weight program and your program goals may vary. Please contact your Care Coordinator to understand the goals specific to you.

Clinical Weight Goals
I communicate with my Care Coordinator regularly.
I have met my weight loss goal.
My LDL is at or below 130mg/dl. If I also have Coronary Artery Disease (CAD) or diabetes, my LDL is at or below 100mg/dl.
My blood pressure is at or below 140/90. If I also have Coronary Artery Disease (CAD) my blood pressure is at or below 130/80.

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Finish Strong by the Sept. 30 Final Deadline

Obtain and report completion of final metrics to your Care Coordinator between **Aug. 15–Sept. 30**.

Questions? The EHP team is here to help. Contact us at 216.986.1050, option 3, or visit our website at <https://employeehealthplan.clevelandclinic.org> for more information.

Your health plan is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all employees. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. We will work with you (and, if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status.

Remember: HIPAA regulations apply to questions you ask about the members of your household covered by the Health Plan.

Under HIPAA, EHP, like other health insurers, is permitted to access health data for the purposes of claims payment, health program development and treatment coverage. As with any of our healthcare plans and programs, plan member privacy is protected in full compliance with HIPAA.

For more details about our privacy policies, visit <https://employeehealthplan.clevelandclinic.org/Privacy-Policy.aspx>