



# Program Requirements | Weight (Health Coaching)

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 (Health Coaching)

Your current Health Status is Chronic Condition, which means you will partner with a Health Coach to meet goals specific to the program(s) you are enrolled.

## How to Get Started

- Scan the QR code 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 two questions and click “continue”.
- Your status will update to “In progress” until you connect with your Health Coach.
- You will receive an invite email from “Cleveland Clinic Support” to complete your enrollment in the Health Coaching program.

APPLE



ANDROID



## How to Earn Full Credit

- Enroll in the Weight program with Health Coaching program no later than **March 31**.
- Connect with your Health Coach and participate in the program for minimum of **6 months** and message your Health Coach at least once per week for **16 weeks** throughout the program.
- Meet all weight and messaging goals set by your Health Coach and submit your final metrics between **Aug. 15–Sept. 30**. Your goals can be viewed in your Healthy Choice portal.

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 Health Coach for more information.

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If you do not agree with your weight diagnosis, you can submit an appeal with a body fat analysis for consideration no later than March 31. Please contact your Health Coach for more information.

### How to Earn Partial Credit

#### Option 1

- Enroll in the Weight program with Health Coaching program no later than **June 30**.
- Connect with your Health Coach and participate in the program for minimum of **3 months** and message your Health Coach at least once per week for **10 weeks** throughout the program.
- Meet all weight and messaging goals set by your Health Coach and submit your final metrics between **Aug. 15–Sept. 30**. Your goals can be viewed in your Healthy Choice portal.

#### Option 2

- Enroll in the Weight program Health Coaching program no later than **March 31**.
- Connect with your Health Coach and participate in the program for minimum of **3 months** and message your Health Coach at least once per week for **16 weeks** throughout the program.
- Meet all weight and messaging goals set by your Health Coach and submit your final metrics between **Aug. 15–Sept. 30**. Your goals can be viewed in your Healthy Choice portal.

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 Health Coach for more information.

If you do not agree with your weight diagnosis, you can submit an appeal with a body fat analysis for consideration no later than March 31. Please contact your Health Coach for more information.

### Finish Strong by the Sept. 30 Final Deadline

**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>