

## Program Requirements | Healthy

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 | Healthy

Your current Health Status is: **Healthy**. This means your goals will be to track steps or activity minutes.

### How to Get Started

- Scan the QR code below to download the Healthy Choice app to create an account or log in to your portal.
- Connect an approved activity device to the portal.
- If you need an activity device, visit the "Device Store" in your portal to redeem your one-time \$115 device credit.
- Confirm your device is syncing to the Healthy Choice portal weekly.



It is your responsibility to make sure your activity data is being recorded accurately in the portal. The Employee Health Plan does not take responsibility for lost, broken, stolen, malfunctioning devices or data loss.

### How to Earn Full Credit

Checking your Healthy Choice portal weekly is essential to stay on track.

- Connect and confirm your device is syncing in January, but no later than **March 31**.
- Track your activity in the portal and meet the monthly activity goal for any **6 months** between January and September.
- **Monthly activity goal:** 180,000 steps per calendar month or 900 activity minutes per calendar month.

Refer to the FAQ found in your portal for more details

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## How to Earn Partial Credit

Checking your Healthy Choice portal weekly is essential to stay on track.

### Option 1

- Connect and confirm your device is syncing by **March 31**.
- Track your activity in the portal and meet the monthly activity goal for any **6 months** between March and September.
- **Monthly activity goal:** 90,000 steps per calendar month or 450 activity minutes per calendar month.

### Option 2

- Connect and confirm your device is syncing by **June 30**.
- Track your activity in the portal and meet the monthly activity goal for any **3 months** between June and September.
- **Monthly activity goal:** 180,000 steps per calendar month or 900 activity minutes per calendar month.

Refer to the FAQ found in your portal for more details.

## 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>