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Victoria Blair, EHP Wellness Specialist, encourages caregivers on their wellness path. "We want to see you happy and healthy," says Victoria Blair, who has found new ways to stay active with a toddler.

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It's Not Too Late – Join Healthy Choice!

Healthy Choice is a voluntary premium discount program from the Employee Health Plan. By enrolling and participating, you can work toward your health goals while also working toward saving money on your annual premiums. **Employees and spouses** on the health plan can still join to work toward earning a partial health plan premium savings – up to 15% off your 2024 premium. **Join by June 30** – it's easy! Complete these 4 steps:

Follow these 4 simple steps to enroll in the Healthy Choice program and you could be on your way to better health AND cost savings!

1

Create a Healthy Choice account



- Visit bit.ly/3wJTtiG or scan the QR Code to register with your health plan ID, DOB and email

2

Check your 'Health Status'

- Log in to your Healthy Choice account
- Check your **Health Status** and personal program requirements

3

Submit your Health Visit Form (if needed)

- If your status is 'Unknown', download the **Health Visit** form under Wellness Resources
- Ask your PCP to complete the form and return it to EHP

4

Enroll and Participate in Your Applicable Program

Start participating and meet your goals to earn full or partial credit toward your premium discount!

Questions? The EHP is here to help.
Contact us at 216.986.1050, option 3.

 **Cleveland Clinic** | **HealthyChoice**

11 Steps to Hitting Your Health Goals

When it comes to your health and well-being, what would you like to accomplish? How would you like to feel? Check out this advice from our Employee Health Plan (EHP) team members to help you get there. They've not only supported hundreds of caregivers and patients through their health journeys – but have also learned from their personal experiences. Even better, it's not too late to get involved with Healthy Choice this year and earn a partial discount on your health insurance premium for 2024.

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11 Steps to Hitting Your Health Goals

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Steps to achieving your health goals

Ask yourself, ‘Where do I want to be?’ “Think about the lifestyle you envision,” says EHP Care Coordinator Jeff Overman, BSN, RN. “What steps could you take to reach that vision? That’s your plan for success.” This may include visiting your primary care physician, getting lab work, joining a gym, or signing up for Healthy Choice programs.

Look within yourself. “I believe that people have the answers to their own struggles,” says Zach Scott, eHealth Coach. For example, if someone wants to lose weight, Scott might ask: “If your child came to you and asked how you lose weight and stay healthy, what would you say? Often, we think there is a magical secret to our health goals but usually, it’s about the basics of making time to be active and eating right.”

Incorporate fitness activities with what you already enjoy. Find ways to move around while enjoying what you like to do. “If I want to watch my favorite show – I ask myself, do I want to sit on the couch for an hour and watch it, or exercise while still watching it?” says Victoria Blair, EHP Wellness Specialist.

Don’t let one slipup deter you. “You’re not a failure; you’re a human who makes human mistakes,” says Scott. “The difference between failure and a slipup is getting back up and learning from that mistake. Look at every experience as one way to learn and grow!”

Tag your support system. It’s OK to ask for help. “Have someone you trust to help you be accountable and stay



Zach Scott, eHealth Coach, helps caregivers and patients quit smoking, lose weight and improve other aspects of their health and wellness. “You don’t have to go through this alone,” says Zach, who schedules time for exercise each week.

consistent with your efforts,” says Scott. “This could be a coach like myself, a family member or friend.” Coaches in the eCoaching program offer advice, resources and encouragement every step of the way.

Throw away your excuses. “As a first-time mom, I often found it hard to work out and would use my daughter as an excuse not to do it,” says Blair. “You must make adjustments as life changes. Now I include my 1-year-old in my workouts. I’m healthier and she learns healthy habits, too.”

If you are struggling, try something new. Trying and failing is still progress. You are working to learn what works for you.

If you are diagnosed with a chronic condition, consider joining Coordinated Care. You’ll be partnered with a Care Coordinator like Overman who will offer resources, remind you of due dates such as lab work or appointments and keep you up-to-date on routine healthcare.

Know what programs are available for free or at a reduced cost. For Employee Health Plan members, in addition to Coordinated Care and eCoaching, this includes WeightWatchers, gym memberships, nicotine cessation and other nutrition programs.

Give yourself love and compassion. “By working with so many people, I’ve seen that people fear judgement and believe they are being judged by others when it’s just judging ourselves,” says Scott. “Read that again – we judge ourselves harder than anyone else. Be kind to yourself.”

Celebrate success. Did you hit your exercise goals for the week? Every milestone deserves to be celebrated. Share your success with your support system. Grab an extra hour to yourself for reading, the spa, or whatever makes you happy.

The Healthy Choice program supports your well-being and gives you the opportunity to earn a discount on your health plan costs for the following year. Enroll by June 30 and meet all your goals by the Sept. 30 deadline to earn savings on the cost of your health insurance in 2024. To begin, follow the steps in this article. ■

'My health is my wealth'... a caregiver's Healthy Choice journey

Today, Shonda Warren Randle, LPN, knows her physical and mental well-being is important. But it took intentional self-care and support from Healthy Choice programs to get there.

Her recent health journey began in 2020 when she had gastric bypass surgery.

Weighing 260 pounds, she knew she needed to exercise to be healthy and increase muscle mass.

Now, she is 145 pounds and is "feeling good."

Transforming her life

With the surgery behind her, Warren Randle walks nearly every day, often checking out trails and parks near her home.

"Walking is therapy," says Warren Randle. "I didn't know how much nature could heal you like that."



LEFT: Shonda toward the beginning of her recent health journey. She encourages others to have strength and focus on the good and is planning to go back to school to earn her certification to become a health coach.

RIGHT: Shonda Warren Randle earned a 30 percent discount on her health insurance premium. That's diamond, baby. "I'm also not spending as much money on medications and other health needs," she says.



For Warren Randle, an hour or two of activity passes quickly when she's on the dance floor. She frequently participates in Zumba classes and line dancing.

She also visits the Walker Fitness Center at main campus. As an Employee Health Plan member, the equipment, indoor track and pool, and many classes are free for Warren Randle.

It was there she met her personal trainer, Natalie Camardo, MS, CPT, Fitness Specialist.

Camardo was her cheerleader.

"I help clients like Shonda by creating an exercise program tailored to their specific needs," says Camardo. "I guided Shonda to be stronger and healthier and continue exercise on her own. She works hard and deserves good health."

Just as important as physical health, Warren Randle took time for her mental health, too.

"I went to counseling to learn to deal with what was eating me so I would no longer eat like I was," says Warren Randle.

Accountability partners

Another aspect that helped with Warren Randle's health transformation was her participation in the EHP Coordinated Care program. Here Warren Randle met Mary Brown, RN, EHP Care Coordinator.

Brown helped her on her mission to wellness.

"Mary was my lifeline," says Warren Randle. "She advocated for me and kept me abreast of things I needed to step in the right direction."

In addition to keeping her accountable, Brown provided information, resources and encouragement.

"People can never fail; we are all works in progress," says Brown. "Shonda is determined. She set her mind to goals and achieved them one by one. She faced hardships along the way but stayed true to her values and changed her life. I'm so proud of her."

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Important Health Plan Information

Cleveland Clinic Employee Health Plan

Caregiver's Journey

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Showing up for yourself

For six years, Warren Randle has been serving others as a caregiver, but she had to learn how to care for herself.

Warren Randle recently lost both her husband and her mother.

"I celebrate my loved ones by showing up for my life," says Warren Randle. "You have the choice to have an excuse or create the life that you want."

"After focusing on my health and wellness, I feel better," adds Warren Randle.

"My health is my wealth." ■

Did you know? Employee Health Plan members ages 16 and older may join a Cleveland Clinic Fitness Center or Akron General LifeStyles free of charge. Learn more on our website at <https://employeehealthplan.clevelandclinic.org>.

WeightWatchers

Life's best moments include food – don't miss out!

WeightWatchers®, helps you improve your relationship with food so you can eat what you love and still lose weight.

- Dine out (or drive through) with ease. WW's award-winning app has a restaurant database with more than 450 popular spots.
- Share meals – without feeling left out. Discover over 12,500 recipes that your whole family will enjoy.
- Celebrate what makes life fun. Learn how to plan ahead for date nights, vacations, and whatever else brings you joy.

Join WeightWatchers for as low as \$9.25 per month on select plans – 50% off the retail price! To learn more about WW or to join now, visit WW.com/ClevelandClinic

Sign up by July 31 and get a \$25 credit to spend in the WW Shop, plus free shipping!

Then, keep an eye on your email for your WW Shop credit. ■