Healthy Choice Program Now Has 40,000 Participants

The Healthy Choice discount program continues to grow strong — thanks to you. To date, we have 40,000 participants in our program. They are taking charge of their health while earning discounts on their health insurance premiums.

It's a win-win

Preventive health care is what defines Healthy Choice. By participating in the program, you improve your overall health, which also lowers the cost of healthcare. This is because you require fewer visits to an Emergency Department or doctor's office. As a result, you pay premiums that are well below the national average.

The program focuses on six chronic conditions:

1.) Asthma
2.) Diabetes
3.) Elevated body mass index (BMI)
4.) Hypertension (elevated blood pressure)
5.) Hyperlipidemia (elevated cholesterol)
6.) Nicotine use

If you have one of these conditions, Healthy Choice guides you to make simple lifestyle changes that have a lasting impact. To our delight, members have even reversed some of these conditions, eliminating the need for medications.

Our healthy members also benefit by regularly tracking their physical activity. By improving their fitness, they often enjoy better cardiovascular health, weight control and disease prevention.

Join now. Create or log into your Healthy Choice Portal account at clevelandclinic.org/healthplan. The portal is your hub for tracking your health status, steps, messages and much more.

Questions? Contact the ONE HR Service Center at 216.448.2247 or toll-free at 1.877.688.2247, Option 2.
Important 2019 Benefit Change Reminders

Medical Benefits

• **Removal of Coverage for Viscosupplementation Therapy.**
  Viscosupplementation products, such as Euflexxa®, Gel-one®, Synvisc®, or Synvisc One® are now an excluded benefit.

• **Pediatric Type 1 Diabetes-related co-payments,** medications and supplies will be covered at 100 percent.

• **Under the depression Co-pay Reimbursement Program,** an additional 15 visits will be covered for licensed counselors along with the current five MD visits.

• **Access activity data** — Check your Healthy Choice Portal account regularly to assure your activity device is uploading your data. By checking it weekly, you can avoid any possible issues with meeting your step/activity goals. Healthy members need to track at least 150,000 steps or 900 activity minutes each month for six months by September 30.

Coordination of Benefits (COB) Reminder

**Have you completed your Coordination of Benefits?**
Each year, the EHP requires health plan members to complete the COB process. This process allows the Third Party Administrator (UMR) to coordinate health plan benefits with other plans you may have. In the end, it determines which one pays first.

By promptly completing the process, you can prevent delays in scheduling medical appointments and avoid having your claims denied for your dependents on the health plan. Find instructions for completing the process at clevelandclinic.org/healthplan. Click on the Coordination of Benefits tab under your applicable plan.
Pre-admission Testing Co-payments

Pre-admission testing services can be provided in the office setting or in an outpatient hospital setting.

When you receive these services in the outpatient hospital setting, they are billed as an office visit. When you receive these services from a specialist, a $35 co-payment will be applied, which is the co-pay for members receiving services from a specialist.

MyLegacy App is available April 1

The EHP has partnered with Family Care Path to offer our members a special opportunity: Learn more about how your family history may impact your personal health — at no cost.

The MyLegacy application is an online family history tool that is designed to detect if you are at increased risk for certain conditions. Risk levels are calculated from personal and family health history provided in an online questionnaire. The MyLegacy result should be discussed with your healthcare provider, who will be able to initiate additional evaluations if needed.

MyLegacy makes family history collection easy. Enter your data once and update it as needed in the future. The information is analyzed using a technology that was developed by a team of genetics specialists and physicians at Cleveland Clinic. MyLegacy will provide a report of your risk profile so that your physician can focus on addressing your personal and preventive care needs.

Using My Legacy

1. Connect.
   You will receive an email invitation to participate in MyLegacy. Use any web-connected device to log into the site and register with the details provided in the email. Once you create your profile, you will be ready to begin.

2. Answer Questions
   The MyLegacy questionnaire will ask about your family structure as well as personal and family health history. Your information will be saved and you may exit the questionnaire any time. You can return as often as you like; complete MyLegacy at your own pace.

3. Submit Data
   When you complete the questionnaire, the program will allow you to submit your data. MyLegacy will then automatically analyze your information and generate a result report. This report will include a summary of your risk level for different disorders as well as a family tree.

4. Results
   The result report will be available to you. Discuss the results with your physician and establish a personalized care plan to minimize your risk for disease.
Important
Health Plan Information