

Cleveland Clinic Employee
 Health Plan Bulletin
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**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. ■

Coordinated Care Communications and Reminders

Do you have a chronic condition? If so, your Healthy Choice Portal account holds vital information for your participation in the program. Access your account to do the following:

- **Work with your Care Coordinator** — Find your coordinator's name, phone number and the date you are expected to contact him or her to update your program goals.
- **Understand your unique program requirements** — Know exactly what you need to do to meet the program requirements for this year. If you are not clear on what your requirements are, contact your Care Coordinator as soon as possible for clarification.

- **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. ■

The requirements for the weight management program have changed. The major changes are listed below, with a more detailed list available at clevelandclinic.org/healthplan.

- **To receive credit and be eligible for a premium discount**, the final weigh-in amount must not exceed the starting weight.
- **Care coordinator must receive participants' final weight by Sept. 30**. Failing to do this may cause you to not receive credit in the program and be ineligible for a premium discount.
- **Track and meet activity goals**. All weight management participants are required to track steps/activity. The goal is to walk 100,000 steps or earn 600 activity minutes per month for six months by Sept. 30.

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. ■

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 (Mutual Health Services) 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. ■

Participate in a Weight Loss Study

The Endocrinology and Metabolism Institute (EMI) has partnered with Novo Nordisk, a global healthcare leader in diabetes care, to study the effectiveness of a shared medical appointment weight management program incorporating the use of FDA-approved anti-obesity (weight loss) medications, as indicated.

Our shared medical appointment program, which has become a benefit as an Employee Health Plan (EHP) Integrated Medical Weight Management program, is seeking EHP-covered employees or spouses to volunteer to participate in a weight loss study. After an initial face-to-face visit with an obesity medicine specialist, participants will be assigned randomly into one of two groups. Both groups will receive care in the context of a shared medical appointment at Cleveland Clinic Lyndhurst or Cleveland Clinic main campus, once per month for 12 months. One of these groups will also receive a prescription for an anti-obesity (weight loss) medication.

Groups are led by endocrinologists, obesity medicine specialists and registered dietitians. Dietary options are available based on patient preference, and an exercise

program is available at the Lyndhurst campus. Other specialty referrals may occur at the discretion of your physician.

Key eligibility requirements for the study, which began January 07, 2019, include:

- Enrolled in Cleveland Clinic Employee Health Plan
- BMI \geq 30 Metrics
- No history of diabetes
- No prior history of bariatric surgery
- No recent (within past 90 days) use of any medication(s) for the primary intent of weight loss

Interested study participants should attend one of our informational workshop sessions. To reserve and learn about workshop dates, please email EMISTUDY@CCF.ORG with your contact information. Workshop dates will also be posted through August 2019 on the Cleveland Clinic Today page on the intranet. Opportunities section through August 2019.

Call 216.442.1628 with any questions. ■

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.

Watch your email for your invitation to participate.

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Important Health Plan Information

Cleveland Clinic Employee Health Plan

MyLegacy App is available April 1 *(continued from page 3)*

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. ■