

Program Requirements | Health Coaching Program

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 a 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.

Incentive Program | Health Coaching – Weight Track

Your current Incentive Program is: **Health Coaching Program**. This means you will partner with a health coach to meet goals specific to the **Weight Track**.

How to Get Started

- Scan the QR code or click the logo to download the Healthy Choice App.

APPLE



ANDROID



- Create or log in to your account.
- Once logged in, under “Tracks”, click “Enroll” and submit the required information.
- Your status will update to “In progress” until you connect with your health coach.
- You will receive a welcome message in your Healthy Choice portal while your health coach is being assigned.

How to Earn Full Credit

- Enroll in the Weight Track no later than **March 31** to participate for a minimum of **6 months**.
- Connect and message with your health coach in the Healthy Choice portal at least once per week for 16 weeks by **Sept. 30**.
- Meet your weight and messaging goals, then obtain and report completion of final metrics between **Aug. 15–Sept. 30**. Your goals can be viewed in your Healthy Choice portal.

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How to Earn Partial Credit

Option 1

- Enroll in the Weight Track no later than **March 31** to participate for a minimum of **6 months**.
- Connect and message with your health coach in the Healthy Choice portal at least once per week for 16 weeks by **Sept. 30**.
- Maintain or lower your starting weight then obtain and report completion of final metrics between **Aug. 15–Sept. 30**. Your goals can be viewed in your Healthy Choice portal.

Option 2

- Enroll in the Weight Track no later than **June 30** to participate for a minimum of **3 months**.
- Connect and message with your health coach in the Healthy Choice portal at least once per week for 10 weeks by **Sept. 30**.
- Meet your weight and messaging goals then obtain and report completion of final metrics between **Aug. 15–Sept. 30**. Your goals can be viewed in your Healthy Choice portal.

Additional Information

- These requirements are specific to the Weight Track. Credit will not be given if your ending weight exceeds your starting weight or if you do not obtain and report required final metrics.
- 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 Track, 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 and approved locations.

Goals | Health Coaching Program

The goals below are required for you to earn a Healthy Choice premium discount. Progress toward meeting these goals will be listed in the Healthy Choice portal. These goals are specific to the Weight Track, and your goals may vary. Please contact your health coach to understand the goals specific to you.

Goals	
Weight Track	<ul style="list-style-type: none">• I have met my weight loss goal.• I have communicated with my health coach the required times throughout the program year.

Finish Strong by the Sept. 30 Final Deadline

Obtain and report completion of final metrics to your health coach between **Aug. 15–Sept. 30**.

Questions? Contact an EHP Wellness Specialist 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.

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.

View our privacy policies at [Notice of Privacy Practice](#)

View the nondiscrimination notice at [EHP Non-Discrimination Notice](#)

Remember: HIPAA regulations apply to questions you ask about the members of your household covered by the Health Plan.