



# My Personal Program Requirements

## Your Health Status is: **CHRONIC CONDITION – OUT-OF-STATE**

You have been identified with the “Chronic Condition – Out-of-State” status for 2024. Follow these steps to earn the best discount on your health plan premium for 2025. Up to 30%.

### What does it mean if your health status says “Chronic Condition – Out-of-State?”

The Healthy Choice program focuses on six chronic conditions. Your health information indicates you have at least one of these conditions, but your residence is listed as “out-of-state” and therefore, you must participate with an approved activity device.

#### How do I earn full credit?

To earn full credit, you must track your steps or activity minutes in the Healthy Choice portal using an approved activity device and meet the monthly activity goal for any six non-consecutive calendar months between Jan. and Sept. 2023.

- Link your device to the portal.
  - To earn full credit, we recommend linking your device as soon as possible but no later than Mar. 31, 2024 so that you have enough time to meet the activity goal for six months, by Sept. 30.
  - Sync your device on a regular basis. We recommend doing this daily, or at the very least, weekly. It only takes a few minutes.
- Track your activity in the portal and meet the **monthly activity goal** for any six months between Jan. and Sept. 2024.

**Monthly Activity Goal:** 180,000 steps per calendar month OR 900 activity minutes per calendar month
- Login to your portal weekly to make sure your activity is being recorded.

#### How do I earn partial credit?

Members may be eligible for partial credit if they actively participate but don’t meet all the criteria to earn full credit. You could earn partial credit in two ways:

- Link your device to the portal.
- Track your activity in the portal and meet the monthly activity goal for any three calendar months by Sept. 30, 2024. We recommend linking your device as soon as possible but no later than June 30, 2024 so that you have enough time to meet the activity goal for three months, by Sept. 30.

**Monthly Activity Goal:** 180,000 steps per calendar month OR 900 activity minutes per calendar month

—OR—
- Link your device to the portal.
- Track your activity in the portal and meet half of the monthly activity goal for any six calendar months by Sept. 30, 2024. Example: meeting 90,000 steps per month OR 450 activity minutes per month equals half of the monthly goal. We recommend linking your device no later than Mar. 31, 2024 so that you have enough time to meet half of the activity goal for six months, by Sept. 30.

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

**Need help registering a new device or linking it to the portal?** Learn more about devices and get help [here](#).

## My Personal Program Requirements – CHRONIC CONDITION – OUT OF STATE

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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.

**Note to health plan members with physical challenges:** If you have a physical limitation that prevents you from meeting the physical activity requirement for the Healthy Choice premium discount, contact the EHP to discuss wellness management options that fit your needs.

**Pregnant members:** Continue using an activity tracker for your participation credit. If you are experiencing a medical condition during your pregnancy that prevents you from being physically active, contact EHP to discuss other options.

Questions? Call **216.986.1050** (option 3) or toll-free at **1.888.246.6648** (option 3).

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>

EHP is committed to helping you achieve your best health. Rewards for participating in the Healthy Choice Premium Discount Program are available to all caregivers and spouses on the health plan. If you think you might be unable to meet a standard for a reward, you might qualify for an opportunity to earn the same reward by a different means. Contact us at **216.986.1050** option 3.