

Healthy Choice e-News

Stay connected. Stay motivated. Stay on track.



Welcome

Stay informed with all the latest updates for the Healthy Choice program! Learn about:

- Important dates
- Tips for success
- Well-being insights to support your goals
- Exciting upcoming events to keep you engaged



Important Dates

- **March 31:** Deadline to enroll and participate to work toward full credit.
 - **Heads up!** If you are submitting a Body Fat Analysis (BFA) for a diagnosis appeal, the form must be completed and submitted no later than **March 31**.
- **June 30:** Deadline to enroll and participate to work toward partial credit.
- **August 15 – September 30:** If required, between this time you can have final metrics completed.
- **September 30:** Final deadline to meet steps/ activity goal or submit completion of final metrics.



Quick Updates

Explore the newly designed Healthy Choice portal and discover all it has to offer:

- **Message Board:** Stay updated with the latest news.
- **Device Credit:** Redeem your one-time device credit in the "Device Store."
- **Challenges:** Join exciting challenges in the "Challenges" tab.
- **Education:** Learn about health insurance with Health Insurance 101 videos in the "Education" tab.

Health Coaching Sleep Tips

Six tips to enhance your sleep routine:

- **Have an unwind activity:** Spend an hour before bed doing something relaxing that doesn't involve screens.
- **Be mindful of caffeine and food:** Avoid caffeine within 6 hours of bed, as well as sugary snacks and foods that trigger acid reflux before bedtime.
- **Exercise:** Engage in 30 minutes of moderate activity daily to boost energy and improve sleep.
- **Manage your stress:** This is crucial for overall well-being and a good night's sleep.



Events

Roadshows

Learn about Healthy Choice, enroll, connect a device, and get questions answered at events held across various locations. Click [here](#) to learn more.

Orientations

Orientations are held for new Cleveland Clinic caregivers. Check with your manager or HR for dates. Click [here](#) to learn more.

Special Events

The Healthy Choice team will join various events throughout the year. The calendar updates as new events are added. Click [here](#) to learn more.

Wellness Resources

These resources are here to support your well-being:

- Explore group exercise classes and [Fitness OnDemand videos](#) including cardio, strength and core.
- Destress with yoga, guided meditation and breathing exercises from anywhere with [Refresh OnDemand](#).
- Learn healthy cooking tips and find delicious recipes in the [Culinary Medicine Toolkit](#).



Questions? Contact Us

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