



Healthy Choice eCoaching participants!

What: Employee Health Plan (EHP) members enrolled in Cleveland Clinic Wellness eCoaching use a convenient, user-friendly mobile app and web-based platform to communicate and interact with a health coach.

Why: The platform allows health coaches to send reminders, motivational messages and educational materials directly to eCoaching participants. In addition, participants send messages, access learning materials and track their progress all in this one secure platform.

How: If you haven't already, enroll in Healthy Choice eCoaching in the Healthy Choice portal by scanning one of the QR codes below:

Apple



Android



Upon enrolling in your eCoaching program, participants receive an email with instructions on how to download the eCoaching app on their mobile device, tablet or computer and activate their account. Once logged in, members can send and receive messages to and from their health coach at any time as they start working toward their health plan premium discount for the following calendar year.

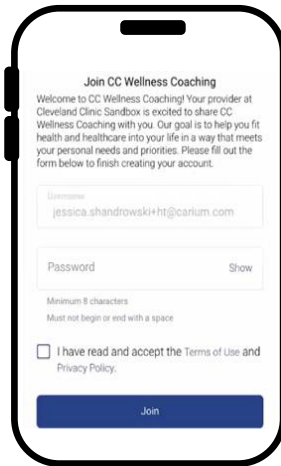
Step-by-Step: How to enroll in the Wellness eCoaching app



Step 1

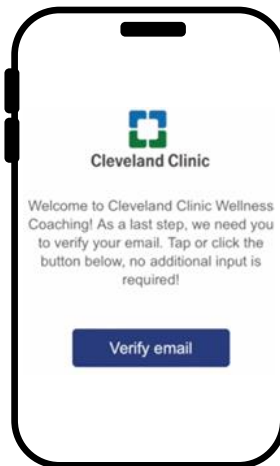
Once enrolled in Healthy Choice through the EHP Healthy Choice Portal, you will receive an invitation via email to join the new platform.

The email will come from **Cleveland Clinic Coaching Support Team**.



Step 2

From the invite, you will be prompted to complete your registration by using your preferred email address and setting a password.



Step 3

Then, you will be prompted to verify your email address.

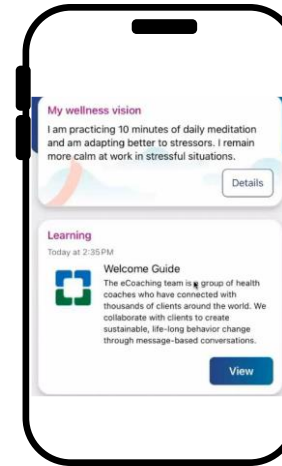


Step 4

Once verified, you will be prompted to download the app from Apple App Store or Google Play Store.

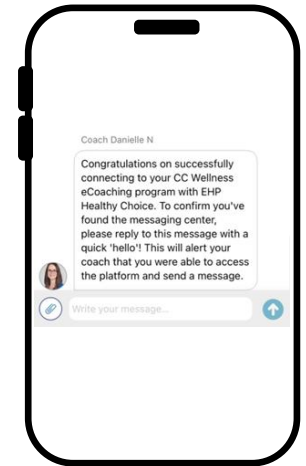
Once the app is downloaded, sign in with the email address and password that was used to create your account in Step 2.

Using a computer to complete registration? Click the "Sign In" button to be directed to the web-based version.



Step 5

Once in the app, you will be able to create a wellness vision, take any assigned assessments, review your Welcome Guide, and begin messaging with your health coach.



Step 6

Click on "Messages" and reply to your health coach with a quick hello to let them know you successfully accessed the platform.