



Cleveland Clinic | HealthyChoice

Program Requirements | Weight Track

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 | Care Coordinator – Weight Track

Your current Incentive Program is: **Care Coordinator Program**. This means you will partner with a care coordinator to help you meet goals specific to the **Weight Track**.

If you're identified for more than one premium Track, you must enroll in **ALL** Tracks to work toward a premium discount.

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 care coordinator.
- If you are enrolling in the Care Coordinator Program, you can expect a phone call within two weeks from date of enrollment.

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How to Earn Full Credit

- Enroll in the Weight Track no later than **March 31** to participate for a minimum of **6 months**.
- Connect with your care coordinator to review your goals and communicate as required.
- If you are identified for multiple Tracks, you must meet your goals in **ALL** premium Tracks between **Aug. 15–Sept. 30**.
- Meet your weight goals and communication requirements, then obtain and report completion of final metrics between **Aug. 15–Sept. 30**.

Your goals can be viewed in your Healthy Choice portal.

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 with your care coordinator to review your goals and communicate as required.
- If you are identified for multiple Tracks, you must enroll in **ALL** premium Tracks.
- Maintain or lower your starting weight, meet some of your goals and communication requirements between **Aug. 15–Sept. 30**.
- 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 with your care coordinator to review your goals and communicate as required.
- If you are identified for multiple Tracks, you must enroll in **ALL** premium Tracks.
- Meet **ALL** of your goals and communication requirements between **Aug. 15–Sept. 30**.
- Obtain and report completion of final metrics between **Aug. 15–Sept. 30**.

Your goals can be viewed in your Healthy Choice portal.

Additional Information

- If you have more than one Track your goals may vary.
- 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 care coordinator 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 care coordinator for more information and approved locations.

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Goals | Weight Track

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 care coordinator to understand the goals specific to you.

Goals	
Weight Track	I communicate with my care coordinator regularly.
	I have met my weight loss goal.
	My low-density lipoprotein (LDL) is at or below 130mg/dl. If I also have coronary artery disease (CAD) or diabetes, my LDL is at or below 100mg/dl.
	My blood pressure is at or below 140/90. If I also have CAD my blood pressure is at or below 130/80.

Finish Strong by the Sept. 30 Final Deadline

Obtain and report completion of final metrics to your care coordinator 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.