

My Personal Program Requirements

Your Health Status is: **HEALTHY – MODIFIED**

The health plan received your health information and you have been identified with the healthy status, however you were approved to track fruits, vegetables and water in the Healthy Choice Portal to meet the program requirements. 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 “Healthy – Modified?”

You will need to track fruits, vegetables or water in the Healthy Choice Portal. Your modified status applies to the current year only, and must be renewed each year.

How do I earn full credit?

To earn full credit, you must login to the Healthy Choice portal and track your fruit, vegetable and water intake 10 times per calendar month, for any six months between Jan. and Sept. 2024.

- Login to the portal and start tracking no later than Mar. 31, 2024.

Monthly Tracking Goal: Log your fruit, vegetable or water at least 10 times per calendar month.

- Complete this monthly goal for any 6 months by Sept. 30, 2024.

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:

- Start tracking **no later** than June 30, 2024.
- Meet the monthly tracking goal for any three months by Sept. 30, 2024.

Monthly Tracking Goal: Log your fruit, vegetable or water intake at least 10 times per calendar month.

—OR—

- Start tracking **no later** than Mar. 31, 2024.
- Meet half of the monthly tracking goal of 5 times per calendar month, for any 6 months by Sept. 30, 2024.

Example: logging your fruits, vegetables or water only 5 times per month equals half of the monthly goal

If you are newly diagnosed with one or more of the conditions that qualifies you for our Coordinated Care programs – asthma, diabetes, high blood pressure, high cholesterol, nicotine/tobacco use, or weight management – contact the health plan to have your records updated. You will need to enroll in a Coordinated Care program by Sept. 30.

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.

continued

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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.