

Program Requirements | Hypertension 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 – Hypertension 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 **Hypertension 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 Hypertension 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**.
- Confirm with your care coordinator if you need to submit any final metrics between **Aug. 15–Sept. 30**.

Your goals can be viewed in your Healthy Choice portal.

If you have more than one Track, requirements to earn full credit may vary. Refer to the FAQ found in your portal or contact your care coordinator for more information.

How to Earn Partial Credit

Option 1

- Enroll in the Hypertension 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 and meet some of your goals between **Aug. 15–Sept. 30**.
- Confirm with your care coordinator if you need to submit any final metrics between **Aug. 15–Sept. 30**.

Option 2

- Enroll in the Hypertension 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 and meet **ALL** of your goals between **Aug. 15–Sept. 30**.
- Confirm with your care coordinator if you need to submit any final metrics between **Aug. 15–Sept. 30**.

If you have more than one Track, requirements to earn partial credit may vary. Refer to the FAQ found in your portal or contact your care coordinator for more information.

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Goals | Hypertension 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 Hypertension Track and your goals may vary. Please contact your care coordinator to understand the goals specific to you.

Goals	
Hypertension Track	I communicate with my care coordinator regularly.
	My blood pressure is at or below 140/90. If I also have coronary artery disease (CAD), my blood pressure is at or below 130/80.
	I understand my medications for hypertension and their side effects. I refill them and take them as directed.

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.