



Cleveland Clinic

HealthyChoice

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
- Quick updates
- Wellness resources to support your goals
- Exciting upcoming events to keep you engaged



Important Dates

June 30:

- Deadline to enroll and participate to work toward partial credit.

August 15 – September 30:

- If enrolled in a program that requires final metrics, have them recorded and submitted.
- If tracking steps and/or activity minutes, ensure they are syncing to your portal.

September 30:

- Final deadline to submit completion of final metrics or meet steps/activity goals and ensure they are synced to the Healthy Choice portal.



Quick Updates

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

- **Device Credit:** If you still have your one-time device credit, visit the "Device Store" in your Healthy Choice portal to redeem.
- **Challenges:** Stay connected and join a challenge. Learn more under the "Challenges" tab in your Healthy Choice portal.
- **Education:** Learn about health insurance with Health Insurance 101 videos in the "Education" tab.





The Health Coaching Team on Positive Affirmations

Positive affirmations are positive statements about our character that acknowledge our strengths and efforts. Positive affirmations have a variety of benefits, including:

- Helps us to internalize positive attributes
- Boosts self-confidence and self-efficacy
- Increases persistence
- Builds resilience

I am becoming
the best version
of myself

What are you affirming about yourself on a regular basis?

- Many affirmations (positive and negative) begin with a simple, “I am...” Notice the ways you end that sentence (mentally or spoken aloud) in terms of yourself, your character, actions, decisions, and values.
- Reflect and ask yourself how you feel about those statements – which ones do you want to hold onto, and which ones do you want to challenge to get closer to your wellness goals?



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

Explore an array of culinary demonstrations with Chef Jim and Dr. Mike. Click the link below to discover a full library of on-demand videos.

[In the Kitchen with Chef Jim and Dr. Mike](#)



Questions? Contact Us

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