

# 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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