

EHP Wellness Program: Physical Activity

Frequently Asked Questions About Cleveland Clinic-Owned Fitness Centers

General

Q. Beginning November 1, 2008, which Cleveland Clinic-owned fitness centers will provide free membership opportunities to Cleveland Clinic Employee Health Plan (EHP) member employees?

- A. The EHP Physical Activity Wellness Program will cover these centers:
- The W.O. Walker Health & Wellness Center (available to all Cleveland Clinic employees, including those at our regional hospitals)
 - Fairview Cardiac Rehab/Fitness Center (available to all Cleveland Clinic employees, including those at our regional hospitals, **but space is limited**)
 - Parker Building Fitness Center (available to Parker Building employees **only**)

Q. What equipment and amenities do the Cleveland Clinic-owned fitness centers offer?

- A. All three fitness centers offer cardio and weight training equipment, and some offer additional features, as follows:

W.O. Walker Health & Wellness Center:

Equipment

- Aerobic equipment
 - treadmills, recumbent bikes, ellipticals, steppers, rowing machine, Nordic track.
- Strength equipment
 - free weights, dumbbells, weight and resistance machines
- Indoor heated swimming pool
- Full basketball court

Amenities:

- Group exercise classes
- Indoor and outdoor track
- Locker room with daily locker usage
- Free towel service
- Free body fat assessments
- Exercise program design
- Personal training at an additional fee

Fairview Hospital Cardiac Rehab/Fitness Center

Equipment:

- Aerobic equipment
 - treadmills, bikes, recumbent bikes, ellipticals, a stepper
- Strength equipment
 - 12-station Nautilus Circuit, Smith Machine, wall pulleys, dumbbells, free weights
- Outdoor trail with periodic fitness stations behind the hospital

Amenities:

- Locker room (daily locker use)
- Free towel service
- Fitness assessments at an additional fee
- Body compositions at an additional fee
- Personal training at an additional fee

Parker Building Fitness Center:

- **Aerobic equipment**
 - treadmills, ellipticals, recumbent bikes, steppers, rowing machines

Strength equipment

- free weights, dumbbells, weight and resistance machines

Q. How can EHP member employees join a Cleveland Clinic-owned fitness facility?

- A. In addition to the registration forms EHP member employees must fill out at any of the three fitness centers, they must complete and sign an EHP Physical Activity Application and present their EHP medical ID card and employee ID badge at the time of registration. The fitness center will send the completed, signed application to the EHP. A completed, signed application grants the individual a membership at **one** of these facilities for 12 months, and it authorizes the EHP to pay for the

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membership and collect specific data about the member, including participation information, height and weight.

Membership begins on the first of the month following the date the EHP Physical Activity Application was received by the EHP. For example, if an application is received on November 12, membership begins on December 1.

See the next section, “Registration/Membership,” for specific registration details by fitness center.

Q. When can an employee enroll in the EHP?

- A.** An employee who is not currently an EHP member can enroll in the plan during BeneFlex Open Enrollment (generally in October), with membership becoming effective on January 1 of the following year. Or, if an employee who is not an EHP member experiences a qualifying life event at another time of the year – such as a marriage or divorce – he or she may enroll in the EHP.

Q. How can I contact the EHP?

- A.** Call 216.448.0800 or toll-free at 866.811.4352.

Q. What is the dollar value of a Cleveland Clinic-owned fitness center membership?

A. Cleveland Clinic-owned fitness centers:

- W.O. Walker Health & Wellness Center **\$350/year**
- Fairview Hospital Cardiac Rehab/Fitness Center **\$120/year**
- Parker Building Fitness Center **\$ 60/year**

Q. How can I get information about the Cleveland Clinic-owned fitness centers?

- A.** Information about each center, including specific details, is available as follows:

W.O. Walker Health & Wellness Center (available to **all** Cleveland Clinic employees):

- Visit <http://intranet.ccf.org/fitness/> or call 216.444.8765.

Fairview Hospital Cardiac Rehab/Fitness Center (available to **all** Cleveland Clinic employees, but space is **limited**):

- Visit <http://www.cchs.net/wellness/documents/FairviewFitnessCenter.pdf> or call 216.476.4967.
- Email specific Fairview questions to Meg Leneghan, Meg.Leneghan@fairviewhospital.org.

Parker Building Fitness Center (available to Parker Building employees **only**):

- In the Parker Building, see the bulletin board by the fitness center.

Registration/Membership

Q. How do I register for an EHP-sponsored fitness center membership?

A. W.O. Walker Health & Wellness Center:

1. Visit the W.O. Walker Health & Wellness Center and complete the fitness center registration forms and an EHP Physical Activity Application.
2. When you register at the center you must present your EHP medical ID card and employee ID badge.
3. The fitness center will mail your application with your **original signature** directly to the EHP. Faxed, electronic, or photocopied signatures will not be accepted.
4. The EHP will notify the fitness center that you have been approved for a 12-month, EHP-paid W.O. Walker Health & Wellness Center membership.

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Fairview Hospital Cardiac Rehab/Fitness Center (*limited capacity*):

1. Call the Fairview Hospital Cardiac Rehab/Fitness Center to schedule an orientation to complete registration forms and an EHP Physical Activity Application. Orientation takes place as follows:
 - Monday, Wednesday, Friday - 6:00 am - 7:30 pm
 - Tuesday, Thursday - 6:00 am - 2:30 pm
2. When you register at the center you must present your EHP medical ID card and employee ID badge.
3. The fitness center will mail your application with your **original signature** directly to the EHP. Faxed, electronic, or photocopied signatures will not be accepted.
4. The EHP will notify the fitness center that you have been approved for a 12-month, EHP-paid Fairview Cardiac Rehab/Fitness Center membership
5. Fairview Cardiac Rehab/Fitness Center badge access will be activated when you have been approved.

Parker Building Fitness Center (*Parker employees ONLY*):

1. Pick up and complete a registration form and an EHP Physical Activity Application. You can find these near the bulletin board by the fitness center.
2. Gather together the following materials:
 - a photocopy of your EHP medical ID card
 - a photocopy of your employee ID badge
 - all completed forms with your **original signature** (faxed, electronic or photocopied forms will not be accepted)
3. Send all these materials to Danielle Hrynak through interoffice mail at W. O. Walker Health & Wellness Center (C-19).
4. The EHP will notify Danielle that you have been approved for a 12-month, EHP-paid Parker Building Fitness Center membership.
5. Parker Building Fitness Center badge access will be activated when you have been approved.

Q. To qualify for a free membership, does an EHP member employee have to register at one of these fitness centers by a specific date?

- A.** No. You can join anytime after November 1, 2008, and your membership will be effective for 12 months from your registration date (the first of the month following the date the EHP Physical Activity Application was received by the EHP).

Q. What if I am already a member of the EHP and one of the centers?

- A.** Once your EHP Physical Activity Application has been approved, payroll deductions for your membership at the center will stop. If you have any questions, you can contact the manager of the fitness center where you currently are a member.

Q. If I don't like the fitness center I joined, can I switch to another one?

- A.** No, the EHP is contractually bound to reimburse the fitness center you joined for 12 months.

Q. What if I am injured, incapacitated, or move to a different location – or my employment at Cleveland Clinic ends, and I can no longer work out at the facility during the 12 month period?

- A.** If you cannot work out at the center for medical reasons, the EHP will work with you to extend your membership. If you move and are still employed at Cleveland Clinic, your membership will continue. If you move but you are no longer employed by Cleveland Clinic, the EHP will stop paying for your fitness center membership and you will be required to pay the remaining balance of the 12 month membership yourself. In this last scenario, you would also be directly responsible for negotiating terms with the fitness center.

EHP \$100 One-Time Incentive

Q. What is the EHP Wellness Program incentive?

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A. The EHP Wellness Program incentive is a **one-time** \$100 award paid to an employee who is an EHP member and has satisfied the requirements of the program, regardless of the number of EHP Wellness Program goals they have achieved.

Q. What is the incentive goal for the EHP Physical Activity component?

A. It is to attend a Cleveland Clinic-owned fitness center 10 times a month for 10 months.

Q. Do visits at multiple fitness centers count toward earning the incentive?

A. No. To earn the incentive, fitness center visits must take place at **one** location – at the fitness center selected on the EHP Physical Activity Application.

Q. Can I earn a \$100 incentive for participating in an EHP Physical Activity program and another for participating in a Weight Management program?

A. No. The EHP Wellness Program incentive is a **one-time** \$100 award paid to an employee who is an EHP member and has satisfied the requirements of the program, regardless of the number of EHP Wellness Program goals they have achieved.

Q. How do I sign up for the Cleveland Clinic Employee Health Plan \$100 incentive?

A. Select the “YES” box on the EHP Physical Activity Application to indicate that you would like to qualify for the incentive program.

Q. How will the EHP know I have been attending a Cleveland Clinic-owned fitness center?

A. The EHP will receive monthly participation reports from each fitness center.

Q. When would I receive the \$100 EHP incentive payment?

A. EHP \$100 incentives will be paid once a year, in December, to employees who are members of the EHP, are enrolled in one of the EHP Wellness Programs, and successfully met the EHP incentive criteria.

Fitness Opportunities for Cleveland Clinic Employees Who Are Not EHP Members

Q. What fitness opportunities are offered to employees who are not members of the EHP?

A. Cleveland Clinic offers a variety of fitness options to all employees, regardless of their health plan membership. Visit <http://www.cchs.net/wellness/> for more information about:

- Yoga
- Free walking programs
- Cleveland Clinic-owned fitness center memberships
- Discounted community fitness center memberships
- Sports teams & leagues
- Home exercise equipment discounts
- And more!

Q. Can an employee who is not a member of the EHP or a spouse, significant other, dependent or guest attend or join a Cleveland Clinic-owned fitness center for free?

A. No, but reasonable membership and attendance rates are available, as follows:

- **W.O. Walker Health & Wellness Center Annual Memberships – cash or check ONLY, accepted on the day of sign-up:**

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- **Family of EHP Member Employee** (*spouse, significant other, partner and/or dependent(s) 16-23 yrs old*):
 - Fitness ONLY: \$125
 - Swim ONLY: \$125
 - Combo (Fitness & Swim): \$175

- **Employee Who Is Not an EHP Member**
 - Fitness ONLY: \$250
 - Swim ONLY: \$250
 - Combo (Fitness & Swim): \$350

- **Family of Employee Who Is Not an EHP Member** (*spouse, significant other, partner and/or dependent(s) 16-23 yrs old*):
 - Fitness ONLY: \$375
 - Swim ONLY: \$375
 - Combo (Fitness & Swim): \$525

- **Weekly Membership** (*All access*):
 - \$30

- **Guest or Daily Usage Fee:**
 - \$10/day

- **Fairview Cardiac Rehab/Fitness Center Annual Memberships**
 - Fairview Employees ONLY (Non-EHP): \$120

- **Parker Building (Parking employees ONLY) Annual Membership**
 - Parker Building Employees ONLY (Non-EHP): \$60