

Healthy Choice Alert – Sept. 15, 2021

Instructions and Requirements for Submitting Self-reported Weight and Blood Pressure

The Healthy Choice deadline of Sept. 30 is approaching. To support our Caregivers who care for patients at the Express Care locations and the Walk-In Clinic, effective September 15, 2021, the Employee Health Plan is pleased to announce a self-reporting option for this year's Healthy Choice program.

EHP is responding with an alternate option for 2021 only. Members can submit a self-reported result for the Weight Management and Hypertension programs, due to these difficult circumstances. Members who have already submitted their final results are not permitted to submit another result.

When you submit a self-reported weigh-in, be sure you double check the result before submitting because **this measurement will be used as your starting weight in the 2022 program year.**

As a reminder, EHP does not allow members to adjust their weight goal at the start of a new program year. This policy will apply to the 2022 program year, even if the member submits a self-reported final weight in 2021.

eCoaching members can submit directly to their Health Coach by email.

Coordinated Care members can submit using one of the following ways:

- By email
- Send a message through [MyChart](#)
- Fax your final results to 216-442-5795

To submit a self-reported weight or blood pressure, the criteria below must be met:

Weigh-in:

- Must include member name and date of birth in the body of your message
- Must type the final weight in the body of your message
- Must submit a photo that includes the member's feet standing on a scale, with the weight clearly visible in the photo.

Blood Pressure:

- Must include member name and date of birth in the body of your message
- Must type the final blood pressure reading in the body of your message
- No photo required

How to submit through MyChart:

1. [Log in to your MyChart account](#) using the browser on your smart phone
2. Locate the list labeled "Care Team and Recent Providers" on the right side of the home page. This list includes your Care Coordinator.
 - a. Don't see your Care Coordinator listed? Select "See details and manage" at the bottom to view your full list of providers.
3. Click the envelope icon to start a message to your Care Coordinator.
 - a. Double check your Care Coordinator is the recipient
4. Select "Test Result Question" as the Subject
5. In the body of your message include the following information:
 - a. Which measurement you are submitting (ie: Final Weight for Healthy Choice 2021)

- b. Date the measurement was completed
6. Select "Attach an image" underneath the message box
7. Select your photo and click "Open" to attach it to your message
8. Scroll down to review your photo before sending
9. Enter a short description of your photo (ie: Self-reported weight)
10. Click Send to submit your result