



MetroHealthy, our award-winning system-wide wellness initiative, offers programs and resources to care best for ourselves so that we may care best for others. By practicing healthy habits, benefit eligible employees, spouses and dependents can receive rewards!

Health & wellness resources available:

- Online Wellness portal with mobile app Healthy Path – featuring quarterly challenges, logs to track your healthy habits, access to talk to a dietitian, educational workshops and much more!
- Wellness fairs to check your blood pressure, BMI, cholesterol and glucose
- Metrocize – our 24/7 employee fitness center, including fitness classes
- Financial Wellness seminars and individual coaching
- Discounts at local gyms
- Weight Watchers at Work with reimbursement opportunities

**Visit the MetroHealthy Wellness Portal at
<https://metrohealthy.metrohealth.org> to learn more!**

Questions? Contact MetroHealthy at metrohealthy@metrohealth.org or 216-957-2020.