

**Montefiore**

**To Your HEALTH!**  
Montefiore for a Healthy You

## **Complete Your Annual Health Assessment & Workshop For a \$25 Gift Card!**

This offer is available to full and part-time associates. To earn and redeem your \$25 gift card today follow these steps:

1. Visit [www.toyourhealth.montefiore.org](http://www.toyourhealth.montefiore.org) and log-in (if you have not visited the portal before you will be asked to register)
2. On the top of your dashboard click on and complete **Step 1: Start Here - Health Assessment**
3. Then, click on **Step 2: Workshop – ToYourHealth! Workshop** and **sign-up/complete** the workshop titled ‘\*\*To Your Health Workshop (for \$10/10 points)’
4. Return to the dashboard and click redeem on your Rewards Tracker to pick your \$25 gift card\*!

**If you need further assistance with any steps above, please contact consumer support at 1-888-252-8150**

\*Please note, gift cards are considered income subject to federal, state and employment tax withholding, and reporting on Form W-2, unless a specific exemption applies.