



To Your HEALTH!

Associate Wellness Program

Complete Your Health Risk Assessment And Earn a \$50 Gift Card

This offer is available to full and part-time employees. To earn and redeem your \$50 Hallmark gift card today, follow these steps:

Log onto www.toyourhealth.montefiore.org .(If you have not visited this site before you will be asked to register).

Follow the instructions to complete the **Health Risk Assessment**.

24 hours after completion, redeem your gift card by:

Logging back into the To Your Health! portal

Scrolling down the page and selecting “secure messages.”

In this inbox will be a message containing the link to Hallmark.com to redeem your card.

All information is completely confidential

For more information, or to troubleshoot, call the WebMD Help Desk at [1-800-488-3140](tel:1-800-488-3140).

Montefiore

To Your HEALTH!
Montefiore for a Healthy You