



New for 2018

Complete Your Wellness Portal Health Assessment and Workshop for \$30!*

It's that time of year again! The Health Assessment and Workshop incentive has rolled over for 2018 and is available again to all full and part-time associates.

Getting started is simple. Here's how:

- 1** Log in to your Wellness Portal account at ToYourHealth.Montefiore.org.
- 2** Complete "Step 1: Start Here - Health Assessment" (20 points).
- 3** Sign up and complete "Step 2: ToYourHealth! Workshop" (10 points).
- 4** Return to your dashboard and view your Incentives Tracker to ensure you received all 30 points.



Once Step 1 and Step 2 are completed the \$30 reward will be in an upcoming paycheck.

*Monetary rewards (i.e. gift cards and reward inclusion in paycheck) are considered income subject to federal, state and employment tax withholding, and reporting on Form W-2, unless a specific exemption applies.

If you have questions or need assistance, please contact Customer Support at 1.888.252.8150.

Montefiore
To Your Health!
Montefiore for a Healthy You