



TO YOUR HEALTH!

FEBRUARY NEWSLETTER

Happy February! For 2017, To Your Health! is excited to introduce some new programs and initiatives happening at Montefiore. See below for more details or visit the [Wellness Portal](#) to stay up to date with all events.

WHAT'S NEW

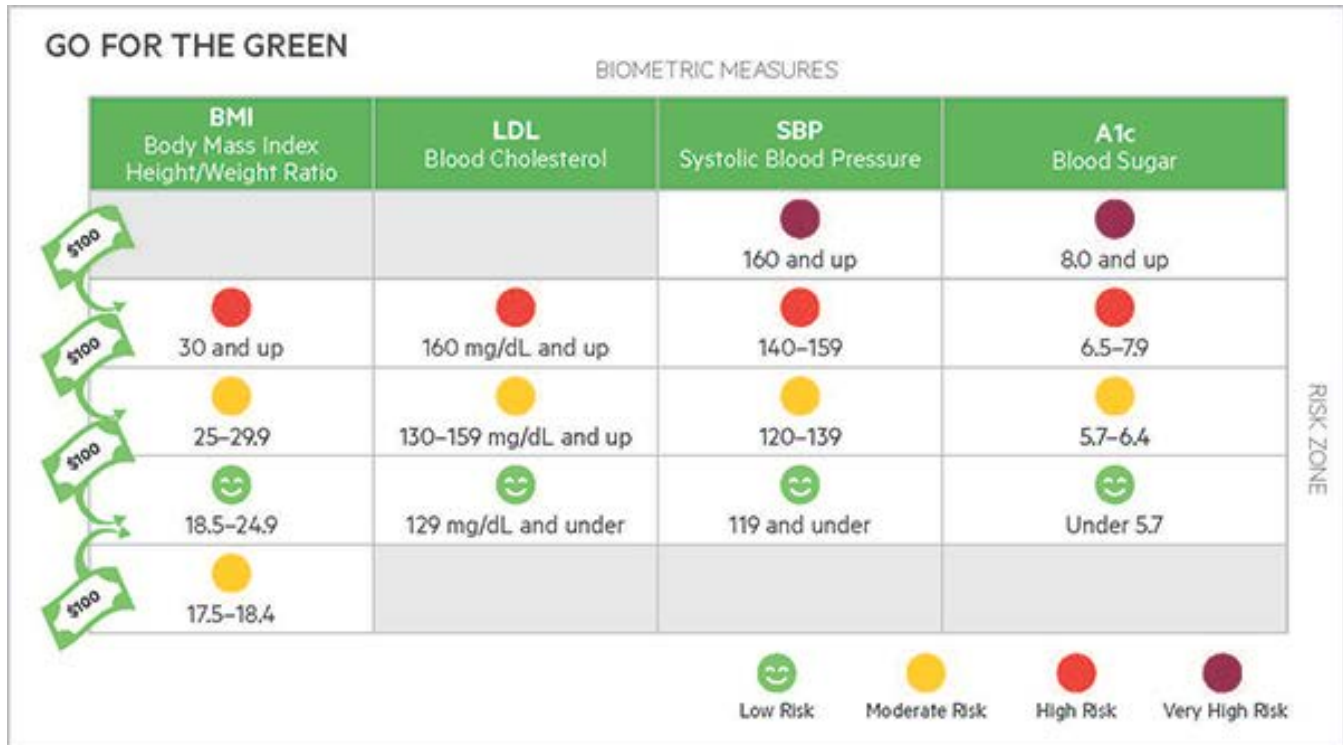
The Associate Health Improvement Program (A-HIP)

To Your Health! is proud to introduce the Associate Health Improvement Program (A-HIP). In this program, eligible Montefiore associates (those who need to make health improvements) will be paid **\$100** for each **verified** improvement made towards low risks in four different biometric measures. An associate that moves from the highest risk zone to low risk in all four biometric measures can earn up to **\$1000!**

Now, not only can you feel better and improve your overall health, you also get paid for all your hard work!

To kick off the program, we'll be hosting on-site screenings during Heart Month. **Sign-up to be screened February 9th at Moses or February 23rd at Einstein!**

[Click here to view screening dates & sign up](#)



Biometric Measure	Definition	Significance
BMI	Body Mass Index measures height to weight ratio	Assesses risk or progression of obesity
LDL	Low Density Lipoprotein measures “bad” cholesterol in blood stream	Assesses risk or progression for high cholesterol
SBP	Measures systolic blood pressure	Assesses risk or progression of hypertension
A1c	Measures glucose in the blood	Assesses risk or progression of diabetes

[To learn more & determine eligibility the in A-HIP program click here](#)

New! Online Omada Health Diabetes Prevention Program available to select Montefiore associates



Omada is an **online** diabetes prevention program that surrounds you with everything you need to get healthier and lose weight! Omada is shown to reduce risk factors for type 2 diabetes and heart disease; and the average participant loses over 10 pounds along the way! Omada Health Diabetes Prevention Program will be available for non-union associates with an A1c level between **6.0 - 6.4** **FREE** of cost (a ~\$600 value). All Montefiore associates are eligible for the same CDC diabetes prevention curriculum and program in-person. See below for information about our YMCA Diabetes Prevention Program.

[Click here to find out if you are eligible for Omada](#)

YMCA Diabetes Prevention Program Registration



If you are not eligible or interested in the online Omada Health Diabetes Prevention Program, the YMCA Diabetes Prevention Program may be for you. This evidence based program helps associates eat healthier, increase physical activity and lose weight. By aiming to reduce body weight by 7% and increasing physical activity to 150 min/wk, it has been proven that a person with pre-diabetes can prevent or delay the onset of type 2 diabetes by 58%!

ALL associates with an A1c of **5.7 - 6.4** are eligible to join the **onsite** YMCA Diabetes Prevention Program. [Sign up](#) for the Moses YMCA Diabetes Prevention class today!

[Click here to learn more about Montefiore's Diabetes Prevention Programs](#)

February is Heart Month



Throughout February, Montefiore will be celebrating Heart Month with an assortment of heart healthy activities, lectures and screenings. Learn more about how to protect your heart from disease and ensure a long and active life.

[Click here to view Heart Month activities calendar](#)

Monthly Wellness Workshop Series: [The 7 S's of Wellness](#)

Topic: De-Stress at your Desk

Drop in to this month's Nutrition Workshop to participate in an informative session, led by Occupational Health Services and Associate Wellness Wellbeing Coordinator/Psychologist.

Moses Campus 3514 DeKalb Ave., Large Conference Room	Wednesday, February 15 12:00pm
Einstein Campus 1825 Eastchester Road, Auditorium, 1st floor	Friday, February 17 12:00pm

Workshops are open to all associates. Attending this Wellness Workshop earns you **THREE** raffle entries in the Health Habits Raffle Campaign!

[Click here to register for the Wellness Workshop](#)

Join Weight Watchers this month and Receive a Free Starter Kit

Purchase a Weight Watchers® membership
between 2/13/17-2/24/17 and receive a

FREE STARTER KIT*
(\$70 Value!)

full of useful tools to help you
get started right away and
stay on track.

Join today & get a
FREE Starter Kit!

Guides & Coupon Book

meal planner 101

dining out

Measuring Cup Set

Inspirational Tote Bag

Fruit Infuser Water Bottle

Collapsible Salad Bowl

Kit contents may vary.

Did you know ...

Since the launch of the new and improved Weight Watchers Beyond the Scale Program, reports have shown that members are losing 15% more weight in their first 2 months than those who followed the previous plan.

Starting February 13 all new members will be eligible to receive a free starter kit (approximately \$70 value). *Stop by a Weight Watchers Inspire event on your campus to learn more about Weight Watchers and sign up!

Click [here](#) for Weight Watchers pricing

[Click here to see the list of Inspire Events at Montefiore](#)

New: Meatless Mondays!



The most energy intensive and environmentally degrading segment of our agricultural industry is the production of livestock or red meat. As consumers, we can help to reduce this environmental impact by what we place in our shopping carts or on our plates.

In an effort to bring awareness to this issue, Montefiore's cafeterias will have Meatless Mondays **once** a month throughout 2017. Reducing the amount of meat we consume as an organization will help to reduce our collective carbon footprint. Hopefully engaging in this initiative will encourage Montefiore associates to make a positive impact in their own lives and communities.

[Click here to view selected dates for Meatless Mondays](#)

TO YOUR HEALTH! SERVICES

Complete your Wellness Portal Health Assessment & Workshop for \$25!



All Associates can earn \$25/point for completing the online annual health assessment (\$15/15 points) and a portal program (\$10/10 points) on the Montefiore Wellness Portal – even if you completed it last year. This year, the portal program is a short workshop that provides a snapshot of our wellness offerings! (You must complete **both** items to receive \$25 incentive.)

Important: All associates will be receiving their \$25 reward through payroll via their 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.

[Visit our Wellness Portal to complete your health assessment/workshop and explore!](#)

Supportive Wellness Services

The new year brings new opportunity to reach your wellness goals. Our Wellness & Wellbeing Coordinator Dr. Brenda Boatswain, Licensed Psychologist is available for:

- Stress assessment and management
- Wellness coaching and education for units and departments
- Personalized coaching to assist in creating healthy behaviors

[Click here](#) for more information.

[Set up an appointment with Dr. Boatswain on the Wellness Portal](#)

[Email Dr. Boatswain for an appointment](#)



Check out all the Resources To Your Health! has to offer

Fitness Opportunities	Nutrition	Supportive/Emotional Well-Being	Programs
5Rhythms	Wellness Portal	Healing Arts	Care Guidance Program
Gym Discounts	Weight Watchers	Supportive Wellness Services	1199SEIU Montefiore Coordinated Care Program
Montefiore Mile		Montefiore Relaxation Hotline: Call 718.920.CALM	Diabetes Prevention Programs
			Employee Assistance Program/Members Assistance Program (1199SEIU)

[Learn more about these programs on our To Your Health! website](#)

TIPS & NEWS

Embrace Your Heart

Managing your stress is good for your overall health, including heart health. Exercising, maintain a positive attitude, not smoking, avoiding drugs and alcohol, enjoying healthy meals and maintaining a healthy weight are good ways to deal with stress. If you need assistance engaging in any of these healthy behaviors, contact any these free resources that can help.



[Click here to see resources Montefiore offers for your wellness goals](#)



4 Tips for Keeping your 2017 Goals

Get 2017 started off well by setting goals for the rest of the year. Some goals to consider include: weight loss, emotional/life balance, and increased physical fitness. Make 2017 a successful one with these four tips.

[Click here for tips on how to achieve your goals](#)

Healthy Pick of the Month: Northern Spy's Kale Salad

There is nothing better than a comforting winter salad. The trick to a scrumptious kale salad is massaging the leaves. Bring in the New Year with this yummy salad. Simply irresistible!

[Click here for the Healthy Pick of the Month recipe and directions](#)



February Events

Sun	Mon	Tues	Wed	Thur	Fri	Sat
			1 Weight Watchers Moses/Einstein/Tarrytown/Hutch	2 Weight Watchers Yonkers/Fordham	3	4
5	6	7	8 Weight Watchers Moses/Einstein/Tarrytown/Hutch	9 A-HIP Biometric Screening Moses Campus 10:30am -2:30pm Weight Watchers Yonkers/Fordham	10	11
12	13	14	15 Wellness Workshop Moses 12:00-1:00pm Weight Watchers Moses/Einstein/Tarrytown/Hutch	16 Weight Watchers Yonkers/Fordham	17 Wellness Workshop Einstein 12:00-1:00pm	18
19	20	21 5 Rhythms 5:15pm-6:16pm	22 Weight Watchers Moses/Einstein/Tarrytown/Hutch	23 A-HIP Biometric Screening Einstein Campus 10:30am -2:30pm Weight Watchers Yonkers/Fordham	24	25
26	27 Meatless Monday	28				