

2019 Healthy You Rewards

Complete activities to earn points and receive prizes from To Your Health!



1. Choose Your Activities

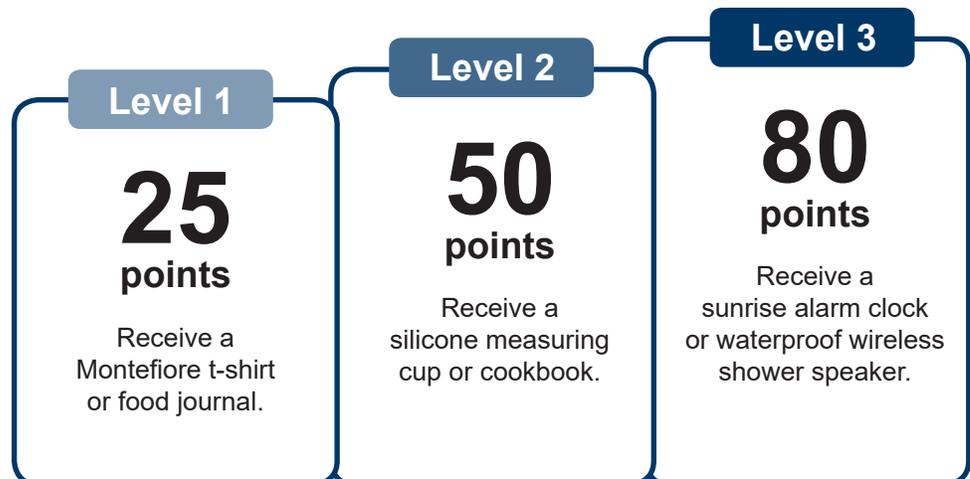
Complete activities below on the Wellness Portal at ToYourHealth.Montefiore.org to earn points.

Activity	Point Value	Frequency	Max Value
Food Tracking	1 point	Daily	20 points
Steps Tracking	1 point	Daily	20 points
Water Tracking	1 point	Daily	20 points
Question of the Month	1 point	Monthly	12 points
Quizzes	2 points	Per quiz	8 points
Telephonic Health Coaching	15 points	Monthly	30 points
A-HIP Verified Low Risk Value	5 points per value	Quarterly	30 points
Provider Health Form Upload	10 points for upload	Once annually	10 points
Wellness Workshops	10 points	Per workshop	50 points
Max Points	-	-	200 points

2. Receive Rewards

The more activities completed, the more points can be earned for prizes that will be shared via interoffice mail!*

*Items may change or can be discontinued at any time; the provider health form is available at uswellness.com/montefiore.



If you have questions or need assistance, contact ToYourHealth@montefiore.org.