



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



TO YOUR HEALTH!

JULY NEWSLETTER

Welcome to July! In the spotlight we **profile an associate who's lost over 50 pounds** on the new 'Beyond the Scale' Weight Watchers program! Also, check out the Associate Wellness **July workshop** and the **new digital diabetes prevention program** Montefiore offers!

Have a question about nutrition? Learn how to **schedule an appointment with Montefiore's Associate Wellness Dietitian**, for **FREE!**

TIPS & NEWS

July is Sun Safety Health Month!

As the days become longer, we spend more time in the sun! Sun exposure has been found to have positive effects on our health, but sun safety is also important.

In this interesting [video](#), dermatologist Dr. Richard Weller discusses a possible connection between sun exposure and cardiovascular health. After watching the video, also check out this [article](#) on sun safety for tips to staying safe during the long sunny summer days, and the cloudy ones too!



ASSOCIATE SUCCESS SPOTLIGHT

Since Weight Watchers introduced the 'Beyond the Scale' program, members have seen even greater success in the program! Read about one of our associates successes below, and learn more about Montefiore's membership offerings.



Donna Fedele

Training & Development, Contact Center, Tarrytown Campus

Donna says, "I have been playing at losing weight for many years, but, as we all know, playing at something does not mean you will be successful. In 2015, I worked with Montefiore's Associate Wellness team to bring Weight Watchers to the Tarrytown Campus. I did this for my colleagues here, but also for myself. I knew I needed to do something because I was not feeling well. My stamina was low and I felt tired all the time.

I consulted with my doctor, who said that weight loss, coupled with healthy eating, would help. I made a commitment to losing the weight. I started small. I walked every day and followed the Weight Watchers Smart Points Program. Walking daily truly helps. I now walk around 2 to 3 miles a day. I made sure that I incorporated fruits and vegetables into my meals. I eat lean proteins, including poultry, fish and the occasional bison burger. I drink plenty of water and stopped drinking diet soda. I started to lose weight.

Over the past year, I have lost 55 pounds. I have about 10 more to go to meet my goal. I feel so much better. My sleep patterns have improved and I have more energy. The best part about this is that my doctor said I could stop my cholesterol medication because my numbers have improved dramatically. I am truly pleased with my progress and I owe a great deal to the Weight Watchers Program at Montefiore. The Weight Watchers group in Tarrytown is supportive. We encourage each other daily, and not just at our meetings. Having the support of others in the same situation helps us all.

Interested in Weight Watchers?

Montefiore has seven at-work meetings, and Associate Wellness can work with any location that has 15 interested associates to bring a meeting to that site. Whether you're interested in a community meetings or at-work meetings Montefiore offers a 50% discount to associates, and additional discounts after certain engagement criteria are met.

Click [here](#) for more information and write toyourhealth@montefiore.org to send Donna a congratulations or if you're interested in starting a meeting at your site.

WHAT'S NEW

- [Montefiore Healthy Habits Campaign](#)
- [Monthly Wellness Workshop – July 26th at 12:00pm, Moses Campus & Zoom](#)
- [Sign-up for a FREE visit with the Associate Wellness Dietitian](#)
- [Have you been told you're at risk for diabetes, but not sure you have the time or resources to make the needed changes? Omada Health could help!](#)
- [Want to see if you are eligible for \\$100 or more?](#)
- [What could you buy with an extra \\$25?](#)
- [Weight Watchers Information & Recipe – Cherry Tomatoes, Blue Cheese & Bacon!](#)

Montefiore Healthy Habits Campaign

Last month Associate Wellness profiled two winners in the Healthy Habits Campaign! If you've been wondering how to enter the raffle to win one of our six \$1000 prizes each month, below are the details.

First, participate in any of these activities:

To Your Health! activities include but not limited to:

Activity	# of raffle entries	Timing/Eligibility
Associate Wellness Dietitian Session	5	Once
Care Guidance Registration **if eligible	5	Once
Monthly Wellness Workshop	3	Monthly
Weight Watchers Registration	3	Once
Supportive Wellness Session	5	Once
5Rhythms Class Movement Class	2	Monthly
Monthly Nutrition Challenge Completion	3	Monthly
Weight Loss Intensive Program	5	Once
Associate Wellness Portal Online Workshops*	2	Once per workshop
Associate Wellness Portal Question of the Month	1	Monthly

*Does not include Wellness workshop or Challenge workshops.

Then, visit the incentive page on the wellness portal to log your activities! Need instructions? Click [here](#)!

It's that easy to participate, and winners each quarter have varying number of points - so even a few raffle entries can make you a winner! Want to see who has won this year and their number of raffle entries? Click [here](#).

Monthly Wellness Workshop: Mindfulness Meditation

This month Associate Wellness is partnering with Dr. Camacho for Mindfulness Meditation. Dr. Camacho regularly holds meditation sessions for associates, and this summer we'll be joining with him to Zoom his session, and provide raffle entries in the [Healthy Habits Raffle Campaign](#) to win \$1000.

<p>Moses Campus 3514 DeKalb Avenue Conference Room</p> <p>Zoom Video Conferencing</p>	<p>Wednesday, July 26, 2017 12:00pm – 1:00pm To learn more and register in person, click here</p> <p>Pre-register here to Zoom T: 408-638-0968; Meeting ID: 901 842 127</p>
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Sign-up for a FREE visit with the Associate Wellness Dietitian

Montefiore's To Your Health! Associate Wellness Program offers FREE nutrition counseling to all associates. If interested, please write WellnessRD@montefiore.org to set-up an appointment.

Our Associate Wellness Dietitian can address all of your nutritional concerns including, but not limited to: weight control, blood pressure, blood lipid levels, blood sugar management, digestive disorders, and food allergies/sensitivities.

To view the flyer and learn more click [here](#).



Have you been told you're at risk for diabetes, but not sure you have the time or resources to make the needed changes? Omada Health could help!

As a participant you're provided a **FREE wireless cordless scale**, and an **Omada health coach** available to you 24/7 to provide support and resources. Since it's all digital, you can connect through your phone, computer or anywhere there's internet – creating a custom program that meets you where you're at!

Want to learn more? Watch '[See How it Works](#)'. If interested write WellnessRD@montefiore.org.



*Omada Health is available for ALL associates (including 1199) with an **A1c of 5.7 – 6.4**, if certain weight criteria are met. **FREE** of cost to associates.

Want to see if you're eligible for \$100 or more? See the chart below!

If you're outside of low risk in any measure, you can participate by asking your doctor's office to complete the [provider form](#) and then uploading that with labs to uswellness.com/Montefiore. The form and labs may be faxed, and labs from up to six months prior can be sent.

Once you've submitted verified information, if you're outside of low risk in any categories, you're enrolled!

GO FOR THE GREEN				
BIOMETRIC MEASURES				
BMI Body Mass Index Height/Weight Ratio	LDL Blood Cholesterol (BAD)	SBP Systolic Blood Pressure	A1c Diabetes Risk	RISK ZONE
900		160 and up	8.0 and up	
30 and up	160 mg/dL and up	140-159	6.5-7.9	
25-29.9	130-159 mg/dL and up	120-139	5.7-6.4	
18.5-24.9	129 mg/dL and under	119 and under	Under 5.7	
17.5-18.4				
				Low Risk Moderate Risk High Risk Very High Risk

How am I paid?

When you think you've made improvements, upload an updated [provider form](#) to verify you've moved towards low risk, and you'll see the payout in your paycheck!

Learn more in the [Program Guide](#), or visit [A-HIP on MyMonteBenefits](#).

What could you buy with an extra \$25?



April started a new year to earn Montefiore's incentive for completing the health assessment & workshop in our wellness portal!

Complete the Wellness Portal Health Assessment and Workshop! The new incentive year started April 1, 2017! (You must complete both items to receive the incentive.)

*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.

For instructions, click [here](#).

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

Healthy Pick of the Month: Cherry Tomatoes, Blue Cheese & Bacon!

This month we're profiling another delicious recipe from [Weight Watchers](#)! See the recipe below and write us at toyourhealth@montefiore.org with a review if you give it a try



TO YOUR HEALTH! SERVICES

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/Health Coaching	1199SEIU Montefiore Coordinated Care Program
Montefiore Mile		Unwind with Guided Relaxation Tracks Call: 718-920-CALM	Diabetes Prevention Programs
		Supporting Healthy Relationships Workshops	Employee Assistance Program / Members Assistance Program (1199SEIU)

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

JULY EVENTS

Sun	Mon	Tues	Wed	Thur	Fri	Sat
						1
2	3 Weight Watchers Wakefield	4	5 Weight Watchers Moses/Einstein/Tarrytown/Hutch	6 Weight Watchers Yonkers/Fordham	7	8
9	10 Weight Watchers Wakefield	11	12 Weight Watchers Moses/Einstein/Tarrytown/Hutch	13 Weight Watchers Yonkers/Fordham	14	15
16	17 Weight Watchers Wakefield	18 5Rhythms TLC Grand Hall 5:15pm-6:15pm	19 Weight Watchers Moses/Einstein/Tarrytown/Hutch	20 Weight Watchers Yonkers/Fordham	21	22
23	24 Weight Watchers Wakefield	25	26 Weight Watchers Moses/Einstein/Tarrytown/Hutch Monthly Wellness Workshop Moses Campus & Zoom 12:00-1:00pm	27 Weight Watchers Yonkers/Fordham	28	29
30	31 Weight Watchers Wakefield					