



WHAT'S NEW

[Tips & News](#)

[Nutrition Hot Topics, March 27th](#)

[Zoom Mindful Meditation with Dr. Camacho, April 17th](#)

[NEW! Earn Points in the Healthy You Program For Prizes and Giveaways](#)

[Complete the Wellness Portal Questionnaire for a \\$30 Reward!](#)

[Yonkers Associates: New Six-Week Nutrition Skills Series Beginning on April 4th](#)

[New at WW: Upcoming Webinars and April Starter Kit](#)

[FREE Telephonic Health Coaching Available Through the Montefiore Wellness Portal](#)

[Healthy Pick: Try a Spring Vegetable Frittata!](#)

MARCH/APRIL NEWSLETTER

Spring is approaching! With Daylight Saving Time upon us many are springing towards healthy changes, and To Your Health! is here to help associates in reaching wellness goals.

March is National Nutrition Month! Join the March Associate Wellness Program, '[Nutrition Hot Topics](#)' on March 27th where Montefiore registered dietitians will discuss what trends, such as air frying or celery juice, are worth trying. Also join us for our April Associate Wellness Program, '[Mindful Meditation](#)' on April 17th, a session with oncology physician Dr. Fernando Camacho on how to focus on one's breath to be fully present in the moment.

In this newsletter, we spotlight one of our Wellness Liaisons, Kim Cruz (Einstein Pharmacy). Click [here](#) to read about Kim's wellness journey and how she is bringing wellness to her department.

ASSOCIATE SPOTLIGHT – MONTEFIORE WELLNESS LIAISON KIM CRUZ!

Kim Cruz, Pharmacy, Einstein Campus



Kim says, “I have been at Montefiore for almost 15 years and enjoy serving the community in the oncology pharmacy department.

When I received an email from To Your Health! Associate Wellness about the Wellness Liaison program, where Montefiore associates can volunteer to be a wellness ambassador for their departments, I signed up. I was interested in the voluntary role due to my background in wellness – I was a personal trainer and group instructor in my 20s, and I’m a marathoner currently training for my sixth marathon. Also, my department is an off-site location so I thought it would be helpful for me to stay in the know about programs available to us.

After learning more about the Wellness Liaison role and completing an online training session that outlined the wellness programs, I reached out to the Associate Wellness registered dietitian. Food is both a cultural and social experience, yet it can also be a negative experience for some, and I wanted to bring nutrition education to my department. We arranged a ‘Dietitian Debrief’, where the Associate Wellness registered dietitian came to our department to give a brief educational session on healthy eating.

Wellness is a big part of my life. I prep healthy meals for my family, I exercise every day by doing marathon training, weight training or yoga, and apply positive thinking in my life. Everyone can benefit from wellness and I’m excited to be a Wellness Liaison to help keep wellness a priority in my office.”

Associate Wellness now offers **Dietitian Debriefs**, where a registered dietitian can come to your department and provide a 30-minute educational presentation around a selected nutrition topic, such as ‘Debunking Nutrition Myths’, ‘Decoding Nutrition Labels’ or ‘Eating for Energy.’ For more information and to schedule a Dietitian Debrief view the flyer [here](#).

Are you or a colleague in your Montefiore department passionate about wellness? Associate Wellness is looking for associates to become Wellness Liaisons to help build a culture of wellbeing throughout the organization! Please note that this voluntary position does not interfere with any associates’ job duties. For more information about the To Your Health! Wellness Liaison program, and to sign-up or nominate a colleague, view the flyer [here](#) and email ToYourHealth@montefiore.org.

TIPS & NEWS

March is Nutrition Month! Why Registered Dietitians Are A Cornerstone to Health

The United States Dietary Guidelines for Americans provide advice on how to follow a healthy diet to prevent disease, yet many people do not follow these guidelines. Check out the United States Department of Agriculture [infographic](#) to learn more about the guidelines and their importance.

When approaching healthy eating, it can be tough to figure out where to start. [Read](#) about why one should visit a registered dietitian. Then [schedule](#) an appointment with the Associate Wellness registered dietitian, who offers free and confidential individual nutrition counseling appointments to Montefiore associates at five different Montefiore campuses and telephonically – email WellnessRD@montefiore.org!

Many people turn to fad diets as a way to lose weight fast, but do they actually work? View this TED [video](#) about the history of fad diets, and how to tell if a popular diet is a fad or a sustainable option.

Also look out for members of the Associate Wellness team throughout the month of March – you may be one of the lucky recipients of a National Nutrition Month healthy treat!



**March Associate Wellness Program:
Nutrition Hot Topics
with Montefiore Registered Dietitians
Wednesday, March 27th 2019**

Join Associate Wellness at 'Nutrition Hot Topics' where Montefiore registered dietitians will engage in a lightning-round discussion about nutrition trends, such as drinking celery juice, and hot topic kitchen items, such as the air fryer. The dietitians will share their professional opinions on what should be tried and which should be trashed.

See location and registration details below. Click [here](#) for the flyer.

In-person	Webinar
Wednesday, March 27th, 2019 1:15pm – 2:15pm Moses Campus, 110 E. 210 Street TLC Room 4	Wednesday, March 27th, 2019 1:15pm – 2:15pm Zoom Video Conferencing
To learn more, click here	Pre-register here to Zoom

**April Associate Wellness Program:
Zoom 'Mindful Meditation'
with Dr. Fernando Camacho
Wednesday, April 17th 2019**

Associate Wellness is hosting a Zoom meditation session with Montefiore's oncology physician Dr. Fernando Camacho, who will guide the group through this centering practice of the breath that will allow you to relax your body and focus your mind.

See location and registration details below. Click [here](#) for the flyer.

In-person	Webinar
Wednesday, April 17th, 2019 12:00pm – 1:00pm Moses Campus, 110 E. 210 Street TLC Conference Room Center	Wednesday, April 17th, 2019 12:00pm – 1:00pm Zoom Video Conferencing
To learn more, click here	Pre-register here to Zoom

Participate in the Healthy You Program and Earn Giveaways!

Engage in activities on the To Your Health! Wellness Portal to earn points. The more activities completed, the more points can be earned for prizes!


2019 Healthy You Rewards

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



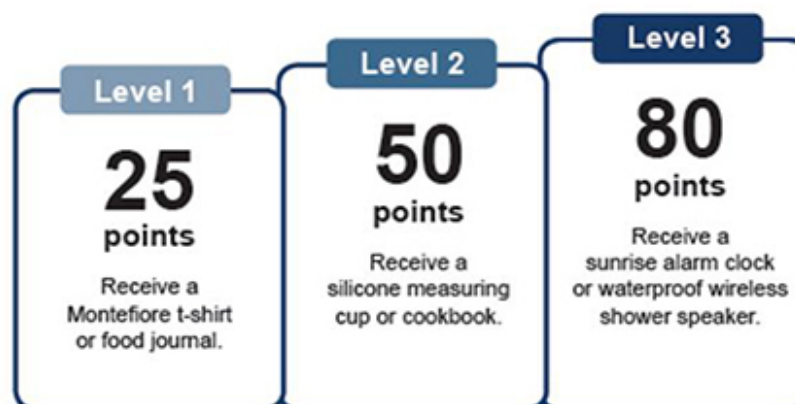
1. Choose Your Activities

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
	Verified Health Value Upload	10 points for upload	Once annually	10 points
	Wellness Workshops	10 points	Per workshop	50 points
	Max Points Attainable	-	-	200 points

2. Receive Rewards

The more activities completed, the more points can be earned for prizes!



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

Montefiore
To Your Health!
Montefiore for a Healthy You

Click [here](#) to view the flyer.

Earn \$30 by Completing the 2019 Wellness Portal Health Questionnaire!



Montefiore associates can earn their annual \$30 reward in their paycheck by completing the online Wellness Portal Health Questionnaire! To find out how, view the flyer [here](#). To take the questionnaire, visit toyourhealth.montefiore.org.

*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.

Yonkers Associates: Join the Nutrition Skills Series – April 4th to May 8th!



Associate Wellness will host a six-week Nutrition Skills Series at the Yonkers campus! Led by the Associate Wellness Nutrition Manager, a registered dietitian, this six-session program will provide associates with hands-on experience, direction on mindful eating and how to face healthy eating challenges head on!

To learn more about the series and to register, click [here](#) to view the flyer!

New for WW, Weight Watchers Reimagined!

WW Webinars on March 21st and April 11th

Check out WW upcoming webinars, free to both members and nonmembers:



Webinar Topic	Date	Time
Gratitude in the Workplace	Thursday, March 21 st	2:00pm
Healthy Eating on the Road	Thursday, April 11 th	2:00pm

For more information and to register for a webinar click [here](#).

Free Jumpstarter Kit in April

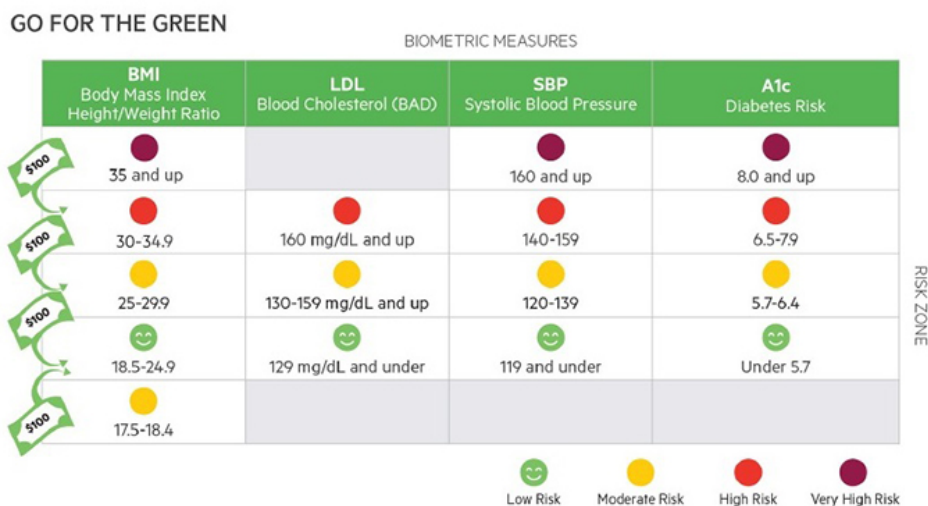
Join WW between April 1st and April 19th to be eligible to receive a free Jumpstarter kit. Click [here](#) for more information.

Interested in attending a WW workshop at Montefiore? Any associate can attend a WW at Work Workshop for free before joining! Click [here](#) for more information.

Join A-HIP and Make Healthy Changes to Earn Rewards – \$100 per Improvement!

Are you a part of A-HIP? If you are on your way to making healthy improvements this year, submit your verified baseline values! Then, if eligible, make healthy changes and earn \$100 for each improvement when you move towards the green in BMI, LDL cholesterol, blood pressure or A1c.

To get started or see if you've made improvements in A-HIP, have your provider complete the [provider form](#) or contact Associate Wellness at WellnessRD@montefiore.org if you have visited a Montefiore provider within six months and would like to use these values in the program.



Learn more about A-HIP and how to join [here](#).

Sign-up for FREE Supportive Wellness Coaching – at Multiple Campuses & Telephonically!

Did you know that Montefiore offers FREE in-person and telephonic supportive wellness stress management coaching? Click [here](#) to learn more about supportive wellness services to make an appointment!



FREE Telephonic Health Coaching Available to Associates!



Would you like to discuss your wellness goals with a professional? Montefiore's To Your Health! Associate Wellness offers **FREE** telephonic health coaching to associates! Associates are provided an unlimited number of visits with a Registered Nurse who can assist in creating a plan for any lifestyle or health changes. To sign-up for an appointment, log into the Wellness Portal at toyourhealth.montefiore.org and select your appointment time on the event calendar.

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

Healthy Pick: Spring Vegetable Frittata

A frittata is a quick and easy egg dish that can be pulled together for any meal of the day using vegetables you might have on hand and want to use. With springtime around the corner, use this recipe to take advantage of the fresh produce that will be popping up at your local farmers markets such as asparagus, leeks and peas!

Click [here](#) to view the recipe. Be sure to email us at ToYourHealth@montefiore.org with a photo if you give it a try at home!



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	Supportive Wellness Services	Care Guidance Program
Gym Discounts	WW	Unwind with Guided Relaxation Tracks Call: 718-920-CALM	Carebridge Employee Assistance Program / Members Assistance Program (1199SEIU)
Montefiore Mile	Diabetes Prevention Program	Supporting Healthy Relationships Workshops	Montefiore Smoking Cessation Program
Zumba - Yonkers Campus	Dietitian Debrief	Supporting Healthy Parents and Babies Workshop	
		Parenting Group Program	

MARCH EVENTS

Mon	Tues	Wed	Thur	Fri
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4	5	6	7	8
11 WW CHCC	12	13 WW Moses, Einstein, Tarrytown, CHCC Zumba Yonkers Campus 3 Odell Plaza Conference Room D/E 12:00pm – 1:30pm (3 – 30 minute sessions)	14 WW Yonkers, Fordham	15
18 WW CHCC	19 5Rhythms Moses Campus Grand Hall 5:15pm – 6:15pm	20 WW Moses, Einstein, Tarrytown, CHCC	21 WW Yonkers, Fordham	22
25 WW CHCC	26	27 March Associate Wellness Program: Nutrition Hot Topics, Moses Campus TLC 4 and Zoom 1:15pm – 2:15pm WW Moses, Einstein, Tarrytown, CHCC Zumba Yonkers Campus 3 Odell Plaza Conference Room D/E 12:00pm – 1:30pm (3 – 30 minute sessions)	28 WW Yonkers, Fordham	29

APRIL EVENTS

Mon	Tues	Wed	Thur	Fri
1	2	3	4	5
8 WW CHCC	9	10 WW Moses, Einstein, Tarrytown, CHCC	11 WW Yonkers, Fordham	12
15 WW CHCC	16 5Rhythms Moses Campus Grand Hall 5:15pm – 6:15pm	17 April Associate Wellness Program: Zoom 'Mindful Meditation' with Dr. Camacho, Zoom 12:00pm – 1:00pm WW Moses, Einstein, Tarrytown, CHCC	18 WW Yonkers, Fordham	19
22 WW CHCC	23	24 WW Moses, Einstein, Tarrytown, CHCC	25 WW Yonkers, Fordham	26
29 WW CHCC	30			