



Montefiore for a Healthy You
To Your HEALTH!



TO YOUR HEALTH!

MARCH NEWSLETTER

Welcome to March! 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

March is the last month to earn your \$25 for the 2016 – 2017 incentive period!



Associates can earn a \$25 reward each year when they complete the Wellness Portal Health Assessment and Workshop! The new incentive year starts April 1, 2017, but it isn't too late to earn your \$25 for the 2016 – 2017 year. Complete both items before March 31, 2017 and you'll see \$25 in your paycheck! (You must complete both items to receive the \$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.

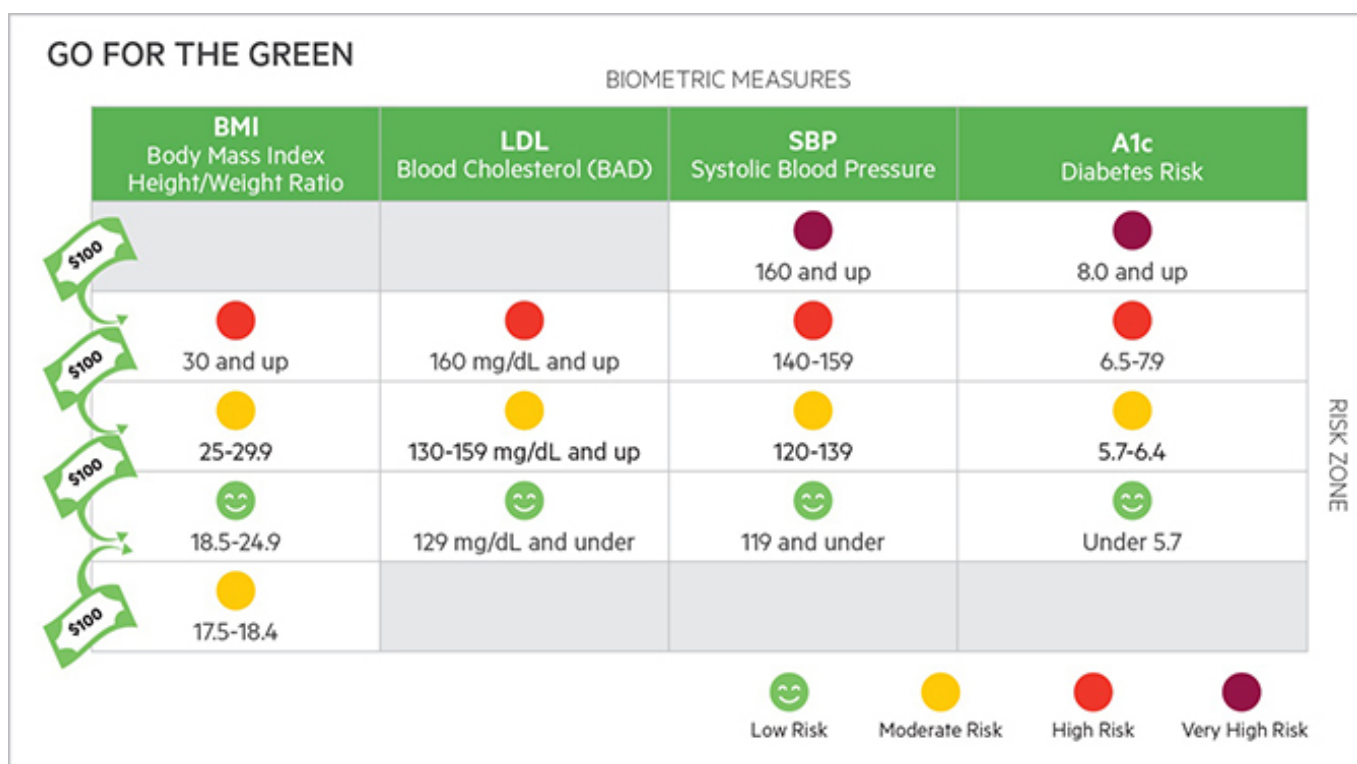
For instructions, click [here](#).

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

Associate Health Improvement Program (A-HIP) - A new program for all associates

To Your Health is proud to introduce the Associate Health Improvement Program (A-HIP)!

In this program, eligible Montefiore associates will be paid **\$100** for each verified improvement made towards low risk results in four different biometric measures:



Biometric measures explained:

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

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!

How to determine eligibility and join?

- Option A - Ask your physician to complete the physician form found at www.uswellness.com/Montefiore
- Option B - Sign-up for an on-site screening at www.uswellness.com/Montefiore (multiple locations in March/April)

Once you've submitted verified information to show you're outside of low risk in any of these categories, you're entered into the program!

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

[Click here for screening dates](#)

New! Omada Health Program Available



Omada is an **online** health program for individuals with an A1c in the prediabetic range of 6.0–6.4. The program 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. Want to learn more? Watch '[See How it Works](#)'.

Once enrolled, you'll get:

- A **FREE** wireless smart scale to monitor your progress
- An **Omada health coach** to keep you on track
- An **interactive program** with weekly lessons and games
- A **supportive peer group** and much more

Omada Health is available for non-union associates with an A1c level between **6.0–6.4** **FREE** of cost (a ~\$600 value).

[Click here to apply for Omada](#)

(Please Note: official labs or physician note verifying an A1c of 6.0–6.4 must accompany registration form)

YMCA Diabetes Prevention Program Registration



If you are not eligible, or interested, in the online Omada Health program, the YMCA Diabetes Prevention Program may be for you. A new session will be held at the Einstein Campus in the auditorium starting on **Wednesday, April 5, 2017 at 5:30 pm!**

This evidence-based program helps associates eat healthier, increase physical activity and lose weight. By aiming to reduce body weight by 5–7% and increasing physical activity to 150 min/wk, it has been proven that a person with prediabetes 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.

For questions or to register email toyourhealth@montefiore.org or click on the link below:

[Click here to register for the YMCA Diabetes Prevention Programs](#)

Monthly Wellness Workshop

Topic: Sleep to Lose Weight

March is National Sleep Awareness month! Attend or Zoom this month's Wellness Workshop on sleep and wellness led by Montefiore's Steven Park, MD and Brenda Boatswain, Ph.D.



Hutchinson Campus 1250 Waters Place, 12th Floor Conference Room 12-004	Wednesday, March 8 12:00pm Register on the portal for in-person attendance or just drop in!
Streaming Live on Zoom	Wednesday, March 8 12:00pm Pre-register here to Zoom T: 1-408-638-0968 Meeting ID: 893 801 376

Workshops are open to all associates. Attending this Wellness Workshop in-person or via Zoom earns you **THREE** raffle entries in the Healthy Habits Raffle Campaign! View the flyer [here](#).

[Click here to register on the Wellness Portal](#)

Weight Watchers at Montefiore



Montefiore now has Weight Watchers meetings at seven sites:

*Moses, Einstein, Yonkers, Fordham, Tarrytown, Hutch and our newest addition – Wakefield! *

Weight Watchers normally costs \$44.95 a month, but with the **Montefiore discount members only pay \$19.11** a month, and then can receive an additional discount if they attend a certain number of meetings, bringing the cost down to \$9.56 after the reimbursement.

Weight Watchers for Diabetes: If you've been diagnosed with Diabetes, Weight Watchers also has a special program called 'Weight Watchers for Diabetes' where you're provided a Certified Diabetes Educator, at no additional cost.

Also, feel free to check out the Weight Watchers Webinar's this month:

Webinar Topic	Date	Time	Registration Link
Chef Ryan: Wholesome Cooking Techniques	Wednesday, March 8	3:00pm EST	Click Here
The Weight Watchers Experience	Thursday, March 30	12:00pm EST	Click Here

[Click here for more information and join](#)

Supportive Wellness Services

Want to gain a mental edge for your job and family? Want to prevent stressors from impacting your physical or emotional health? Want to change unhealthy behaviors and habits? Set up a one-on-one appointment with Brenda Boatswain, Ph.D., Wellness & Wellbeing Coordinator for:

- Individual stress assessment, self-care plan and referrals
- Health coaching to assist in creating healthy behaviors
- Unit based wellness education and services

Your initial individual appointment awards you five raffle entries in our Healthy Habits Raffle Campaign, where we're raffling off six \$1,000 prizes each quarter.

To set up an appointment with Dr. Boatswain, click [here](#) and look for the Supportive Wellness Widget, or email bboatswa@montefiore.org.

[Click here](#) for more information.



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

Give them a hand!

March is Women's History Month, National Social Worker's Month, and March 30th is Physician Appreciation Day. These folks are all susceptible to job stress and burnout. Remember to show them some appreciation by thanking them verbally, sending a note, or acknowledging their efforts in a meeting or group setting.

[Click here for tips on preventing burnout](#)



Montefiore offers support in all your wellness goals!

Are you trying to improve your health? Lose weight? Quit smoking? Exercise more? Making these changes can be difficult! Working with someone professionally trained to help you overcome personal and environmental challenges and barriers can help you achieve success and stay motivated! If you feel overwhelmed or unable to meet your goals on your own, consider the free and confidential resources offered by Montefiore for your health and wellness goals.

Contact Brenda Boatswain, Ph.D., Wellness & Wellbeing Coordinator for your individual appointments.

*Healthy Pick of the Month: Kids' "State Dinner" Cookbook**

In celebration of National Nutrition Month, we present to you a book of healthy recipes created by kids! Take some time out of your day to prepare a lunch with one of these many delicious recipes! Make something delicious from the cookbook? Send us a picture at toyourhealth@montefiore.org and we'll feature it in an upcoming newsletter!

[Click here for the Kids' "State Dinner" Cookbook](#)



March Events

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