



TO YOUR HEALTH!

WHAT'S NEW

Tips & News

[Prioritizing Physical Fitness, May 16th, 12:00pm – 1:00pm](#)

[Love and Kindness Mindful Meditation, June 12th, 12:00pm – 1:00pm](#)

[Need Help to Quit Smoking? Try Montefiore's Smoking Cessation Program](#)

[Take the 2019 Wellness Portal Questionnaire and Receive \\$30!](#)

[Earn Points in the Healthy You Program Towards Giveaways from To Your Health!](#)

[New at WW: Upcoming Webinars, Yonkers Second WW Weekly Workshop on Fridays and WW Tip Sheets](#)

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

[Healthy Pick: Try the WW Chicken Salad with Blackberries, Feta, Golden Beets and Avocados](#)

MAY/JUNE NEWSLETTER

Spring is in full bloom! As temperatures rise and activities move outdoors, To Your Health! is here to help associates set and achieve their wellness goals!

May is Global Employee Health and Fitness Month! Tune in to the May Associate Wellness Program, '[Prioritizing Physical Fitness](#)' and check out the June Associate Wellness Program, '[Love and Kindness Mindful Meditation](#)'.

In this newsletter we spotlight the Associate Wellness Physician Appreciation Day raffle winner who shared how she is involved in wellness at work and her personal wellness journey. Click [here](#) to read this physician's story.

ASSOCIATE SPOTLIGHT – PHYSICIAN APPRECIATION DAY RAFFLE WINNER!

Dr. Vilma Joseph, Anesthesiology, Einstein Campus



Vilma says, “I joined the Department of Anesthesiology’s Wellness Committee because of my interest in wellness and quality improvement, especially in the second victim phenomenon where a clinician’s wellbeing can be affected after a patient suffers an adverse event. The Wellness Committee speaks to the staff about this phenomenon, along with diet, sleep, and ways to de-stress. We’ve also connected with Dr. Simon Rego in the Department of Psychiatry who has provided information and resources to the Anesthesiology Department, especially when dealing with an adverse event.

To prioritize our wellness, the Anesthesiology Department physician anesthesiologists and nurse anesthetists will periodically spend an hour before the start of the operating room to do yoga together, which invigorates us and reminds us that it is okay to take time out for ourselves to meditate and get ready for the day. For my own wellness, I am a member of a gym where I can work out while my daughter takes a swim class, incorporating exercise into our family life. I also make sure to keep healthy snacks in my car at all times – with my busy schedule it really helps to have nutritious items on hand.”

Montefiore Medical Group (MMG) Cross County Enjoys Nutrition Treats!

As part of National Nutrition Month Associate Wellness distributed nutritious treats across the system, and partnered with offsite Wellness Liaisons to distribute to their sites. Below MMG Cross County associates show off their healthy treats distributed by Wellness Liaison Jizzelle Lazarini (pictured bottom center photo, right).



Didn't receive any treats? Volunteer to be a [Wellness Liaison](#) for your department and next time there is a giveaway you will be in the know!

TIPS & NEWS

May is Global Employee Health and Fitness Month!

May is Global Employee Health and Fitness Month! Associate Wellness works to promote the benefits of a healthy lifestyle to our associates through worksite health promotion activities, as part of the Montefiore way.

Montefiore offers **FREE Zumba classes** to associates at the Moses and Einstein campuses! Click [here](#) for more information about the Spring class schedule.

View the recording of the **Associate Wellness March 2019 Program 'Nutrition Hot Topics'** where Montefiore registered dietitians discussed nutrition trends, such as drinking celery juice, bone broth, and the air fryer.



May is Mental Health Month: Using Humor to Boost Mental Health

A key component of optimal mental health is the mind-body connection, as a healthy mind contributes to a healthy body. Click [here](#) to learn about the benefits of using humor to boost mental health and general wellness.

National Nurses Week: May 6th - 12th, 2019

Montefiore celebrates National Nurses Week by hosting appreciation events for the nursing staff all week across the institution. Thank you to Montefiore nurses for all that you do for Montefiore patients and the community.



Bronx Week: May 9th - 19th, 2019

Montefiore supports Bronx Week and participates in various events in the borough, including those that highlight the Montefiore Healthy Store Initiative! Click [here](#) for information on the May events at three delis in the Bronx where healthy sandwiches and seltzer water will be promoted. Email MHSI@montefiore.org for more information.

June is LGBTQ PRIDE Month

Montefiore celebrates LGBTQ PRIDE Month by providing information and education at different events throughout the institution. For more information about Montefiore's LGBTQ PRIDE Month events, click [here](#) and keep an eye on the Intranet for information on all event details.

**May Associate Wellness Program:
Prioritizing Physical Fitness
Thursday, May 16th 2019**

Cerner Health's David Bromberg, a physical trainer and ACSM-certified exercise physiologist will lead an hour-long webinar about how to create a balanced exercise routine that works best for you. This program will be held exclusively through Zoom video conference.

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

Webinar
Thursday, May 16th 2019 12:00pm – 1:00pm Zoom Video Conferencing
Pre-register here to Zoom

**Associate Wellness June Program:
Love and Kindness Mindful Meditation
with Dr. Fernando Camacho
Wednesday, June 12th, 2019**

In celebration of LGBTQ PRIDE Month, join us for a special love and kindness meditation led by Fernando Camacho, MD.

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

In-person	Webinar
Wednesday June 12th, 2019 12:00pm – 1:00pm Moses Campus, 111 E. 210th St. TLC Room 2	Wednesday June 12th, 2019 12:00pm – 1:00pm Zoom Video Conferencing
To learn more, click here	Pre-register here to Zoom

Want to Quit Smoking and Need Guidance? Try Montefiore's Smoking Cessation Program!

Montefiore offers a FREE Tobacco Cessation program to help patients and associates quit smoking. Led by a Health Educator/Tobacco Specialist, the program offers resources and support to those who want to quit smoking.



To find out more information about the program, click [here](#) to view the flyer.

Complete the 2019 Wellness Portal Health Questionnaire and Receive \$30!



Associates – Want \$30?
2019 is Another Opportunity to Earn Your Reward!

The [Wellness Portal Health Questionnaire](#) is available annually to associates to complete for \$30! To get started and complete 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.

Complete Activities and Earn Points in Montefiore's Healthy You Program to Receive Prizes!

Participate in the [Healthy You Rewards Program](#) by engaging and completing activities on the To Your Health! Wellness Portal to earn points. The more activities completed, the more points can be earned for prizes from To Your Health!


2019 Healthy You Rewards

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



1. Choose Your Activities

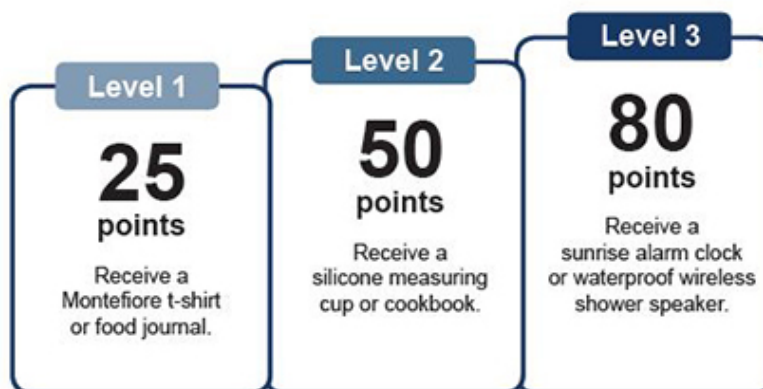
Complete activities below on the Wellness Portal at [ToYourHealth.Montefiore.org](#) to earn points.

	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.

























Montefiore
To Your Health!
Montefiore for a Healthy You

Engage in A-HIP and Make Healthy Changes to Earn a \$100 Reward per Improvement!

Are you a part of A-HIP? Join now by submitting your verified baseline values! Then, if eligible, make changes towards the green zone (low risk) in BMI, LDL cholesterol, blood pressure or A1c and earn \$100 for each move.

There are three ways to join or log improvements: (1) either [sign up](#) for an upcoming Wellness Check-In for BMI and blood pressure on May 15, May 21, June 4, or June 18 (2) have your provider complete the [provider form](#) or (3) 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.

GO FOR THE GREEN

BIOMETRIC MEASURES				
	BMI Body Mass Index Height/Weight Ratio	LDL Blood Cholesterol (BAD)	SBP Systolic Blood Pressure	A1c Diabetes Risk
	 35 and up		 160 and up	 8.0 and up
	 30-34.9	 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			
<div> Low Risk</div> <div> Moderate Risk</div> <div> High Risk</div> <div> Very High Risk</div>				

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

New for WW, Weight Watchers Reimagined!

WW Webinars on May 9th and June 13th

Check out upcoming WW webinars that are open to both members and nonmembers:



Webinar Topic	Date	Time
Cooking With Julie: Cooking for 1 or 2	Thursday, May 9 th	2:00pm
A Transformation Story: Male POV	Thursday, June 13 th	2:00pm

WW at Work – Join the Second Yonkers WW Workshop on Fridays at 1:00pm!

Did you know that Associate Wellness opened a second WW at Work weekly workshop on Fridays?

This WW at Work meeting occurs on Fridays from 1:00pm – 1:45pm in the 200 Corporate Blvd Suite 175. Stop by to learn about the WW Freestyle Program, and for more information email WellnessRD@montefiore.org.

WW Health and Fitness & Men's Health Tip Sheets

In celebration of Global Employee Health and Fitness Month in May and Men's Health Month in June, click [here](#) for tips from WW about lunch prep, exercise and stress management and [here](#) for health tips for men!

Join Over 350 Associates Already in Montefiore's WW Program! Any associate can attend a WW at Work Workshop for free before joining! Click [here](#) for the WW at Work Workshop coupon and [here](#) for more information about the Montefiore WW discount.

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

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



Montefiore Offers FREE Telephonic Health Coaching to Associates with an RN!



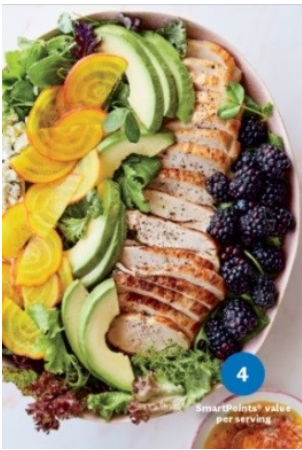
Do you have wellness goals that you want to discuss with a health professional? Montefiore’s To Your Health! Associate Wellness offers **FREE** telephonic health coaching to associates! Associates are provided an unlimited number of visits with a Registered Nurse who can assist in creating a plan for 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 about Telephonic Health Coaching, click [here](#).

Healthy Pick: WW Chicken Salad Recipe with Blackberries, Feta, Golden Beets and Avocado

Looking for a way to jazz up a chicken salad? Try WW’s chicken salad recipe with blackberries, feta, golden beets, avocado and a zingy vinaigrette for a fresh take on your weekday lunch routine!

Click [here](#) to view the recipe. Be sure to email us at ToYourHealth@montefiore.org if you try it out 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 – Moses and Einstein Campus	Dietitian Debrief	Supporting Healthy Parents and Babies Workshop	
		Parenting Group Program	

MAY EVENTS

Mon	Tues	Wed	Thur	Fri
		1	2	3
6 WW CHCC	7 Zumba Einstein Campus 1915 Eastchester Road Falk Recreation Center 5:15pm – 6:05pm	8 WW Moses, Einstein, Tarrytown, CHCC	9 Zumba Moses Campus TLC Room 1 5:15pm – 6:15pm	10 Montefiore Healthy Store Initiative Store Front Event at CCAM Deli 798 E. 170 th Street 2:00pm – 4:00pm
13 WW CHCC	14 Zumba Einstein Campus 1915 Eastchester Road Falk Recreation Center 5:15pm – 6:05pm	15 WW Moses, Einstein, Tarrytown, CHCC A-HIP Wellness Check-In Fordham Campus 8:00am – 12:00pm Montefiore Healthy Store Initiative Store Front Event at Bronx Zoo Deli 732 E. 187 th Street 2:00pm – 4:00pm	16 May Associate Wellness Program: Prioritizing Physical Wellness Zoom 12:00pm – 1:00pm Zumba Moses Campus TLC Room 1 5:15pm – 6:15pm WW Yonkers, Fordham	17
20 WW CHCC	21 A-HIP Wellness Check-In Moses Campus 8:30am – 12:30pm Zumba Einstein Campus 1915 Eastchester Road Falk Recreation Center 5:15pm – 6:05pm 5Rhythms Moses Campus Grand Hall 5:15pm – 6:15pm	22 WW Moses, Einstein, Tarrytown, CHCC Montefiore Healthy Store Initiative Store Front Event at S & R Deli 866 Union Avenue 2:00pm – 4:00pm	23 WW Yonkers, Fordham	24
27 WW CHCC	28	29 WW Moses, Einstein, Tarrytown, CHCC	30 WW Yonkers, Fordham	31

JUNE EVENTS

Mon	Tues	Wed	Thur	Fri
3 WW CHCC	4 A-HIP Wellness Check-In Wakefield Campus 7:30am – 11:30am LGBTQ PRIDE Zumba Einstein Campus 1915 Eastchester Road Falk Recreation Center 5:15pm – 6:05pm	5 WW Moses, Einstein, Tarrytown, CHCC	6 LGBTQ PRIDE Zumba Moses Campus TLC Room 1 5:15pm – 6:15pm	7
10 WW CHCC	11	12 June Associate Wellness Program: 'LGBTQ PRIDE Love and Kindness Mindful Meditation' with Dr. Camacho Moses Campus TLC 2 and Zoom 12:00pm – 1:00pm WW Moses, Einstein, Tarrytown, CHCC	13 WW Yonkers, Fordham	14
17 WW CHCC	18 A-HIP Wellness Check-In Tarrytown Campus 8:30am – 12:30pm 5Rhythms Moses Campus Grand Hall 5:15pm – 6:15pm	19 WW Moses, Einstein, Tarrytown, CHCC	20 WW Yonkers, Fordham	21
24 WW CHCC	25	26 WW Moses, Einstein, Tarrytown, CHCC	27 WW Yonkers, Fordham	28