



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



# TO YOUR HEALTH!

## MAY NEWSLETTER

Welcome to May! To Your Health is excited to introduce a new section called the **Associate Spotlight** where we'll highlight employees who have made positive changes in their lives, or are winners in our programs and challenges! Also, take a look at the video for some interesting information about exercise, and join us for our workshops later in the month!

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## TIPS & NEWS



### *May is National Physical Fitness & Sports Month!*

For some people exercise is a breeze, for others, it can be hard to start a routine. Ever wonder why? In this [Ted Talk by Emily Balcetis](#), we learn vision could play a role.

Looking for an exercise routine or want to speak to a personal trainer? The [To Your Health! Wellness Portal](#) can help with both. In the wellness portal you can watch exercise videos, create an exercise plan and send a message to a trainer!

Want to workout? Join a To Your Health! Workshop in May and view the Healing Arts newsletter for fitness class offerings. For additional information about the Montefiore fitness program, such as gym discounts, click [here](#).

May is also National Mental Health Month. Did you know research shows exercise is good for your mental health? Read more [here](#).

**TIP:** Set-up alarms or short appointments in your Outlook or personal calendar daily, or once a week! Then every time the alert comes up, stand up and stretch, take a lap around your office or walk up a flight of steps. Even a small amount of movement can make a difference!

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### **Healthy Pick of the Month: Grilled Chicken, Tomato and Basil Recipe**

It's spring and Weight Watchers has some refreshing recipes available on their site! Check out this [recipe](#) for Grilled Chicken, Tomato and Basil! If you give the recipe a try, let us know how it tasted by writing [toyourhealth@montefiore.org](mailto:toyourhealth@montefiore.org).

We're always open to associate thoughts and feedback!



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## **NEW TYH! ASSOCIATE SPOTLIGHT**



### **Liliana Calle, YMCA Diabetes Prevention Program Participant**

Liliana was ready to make a change when she heard about Montefiore's YMCA Diabetes Prevention Program (YDPP) in September 2016. With a sedentary lifestyle, high cholesterol and the risk of diabetes, she knew she had to try something different! As a single mom traveling from Astoria, Queens for work every day Liliana said, "I made several attempts to lose weight in the past with no success, I did not have the tools or make all the necessary steps in order to achieve and maintain a healthy lifestyle." But, that changed with the YDPP program! Through the program Liliana felt "both empowered and encouraged to make life long healthy decisions to lower [her] diabetes risk." She was able to lose weight, lower her cholesterol and her A1c! Liliana knows it is hard to balance family and work, but was able to find a way to exercise, eat healthier and start living a healthy lifestyle for her future, and the future of her family! Join me in congratulating Liliana on her success by emailing [toyourhealth@montefiore.org](mailto:toyourhealth@montefiore.org) and we'll send the messages her way!! For more information on the YDPP program, click [here](#).

Do you have a success story? Write us at [toyourhealth@montefiore.org](mailto:toyourhealth@montefiore.org) and you could be profiled in an upcoming newsletter!

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## WHAT'S NEW

- [Associate Wellness Health Coaching](#)
- [Weight Watchers Spring Incentive Program May 1<sup>st</sup> – 5<sup>th</sup>](#)
- [Monthly Wellness Workshops: Boot Camp & Tai Chi](#)
- [New Incentive Year! Annual Portal Health Assessment & Workshop – Earn \\$25!](#)
- [Associate Health Improvement Program](#)
- [Digital/Online – Omada Health Diabetes Prevention Program](#)
- [In-Person YMCA Diabetes Prevention Program](#)

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### *New - Health Coaching from Supportive Wellness Services in Associate Wellness*



In addition to offering emotional and resiliency counseling, supportive wellness services now offers health coaching. In this program, associates meet with the Wellness & Wellbeing Coordinator approximately 3 times to work on any health area they're trying to improve. Are you trying to 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 free and confidential health coaching.

Contact [Brenda Boatswain, Ph.D.](#), Wellness & Wellbeing Coordinator for your individual appointments.

\*Your initial individual appointment awards you five raffle tickets in our [Healthy Habits Raffle Campaign](#) (if you self-identify), where we're raffling off six \$1,000 prizes each quarter.\*

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### *Weight Watchers Spring Incentive! May 1<sup>st</sup> – 5<sup>th</sup>*

Join Weight Watchers from May 1 – 5 and receive a free Starter Kit!

Learn more [here](#).

We're proud to partner with Weight Watchers to hold six At Work meetings across the Montefiore Campuses! Any location where there are 15 interested associates, an At Work meeting can be started by emailing [toyourhealth@montefiore.org](mailto:toyourhealth@montefiore.org). Been thinking about joining? Be sure to take advantage of the [Montefiore discount](#) that can reduce the cost up to 75%.



Weight Watchers also has the following Webinars available for all associates:

Lisa Levy Shaub: A Transformation Story	Tuesday, May 2	12:00 p.m. EST	Click <a href="#">Here</a>
Chef Ryan: Cutting Time in the Kitchen	Wednesday, May 31	12:00 p.m. EST	Click <a href="#">Here</a>

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## Monthly Wellness Workshop: Equinox Boot Camp & Tai Chi

Drop in to one of this month's Wellness Workshops to participate in a Boot Camp class by Equinox or Tai Chi. You don't have to have equipment to have a good workout, and the classes are for all fitness levels (wear comfortable clothes & sneakers).

<b>Tai Chi</b> <b>Einstein Campus</b> 4th floor (near vending machines)	<b>May 15, 2017</b> <b>12:00pm – 1:00pm</b> Register on the portal for in-person attendance or just drop in!
<b>Equinox Boot Camp</b> <b>CHAM/MOSES Campus</b> CHAM 2 Conference Room 1	<b>May 22, 2017</b> <b>5:30pm – 6:15pm</b> Register on the portal for in-person attendance or just drop in!
<b>Equinox Boot Camp</b> <b>Yonkers Campus</b> 3 O'Dell Plaza, Conference Room D	<b>May 29, 2017</b> <b>5:15pm – 6:00pm</b> Register on the portal for in-person attendance or just drop in!

Workshops are open to all associates. A waiver will need to be signed before participation. Attending this Wellness Workshop in-person earns you **THREE** raffle entries in the [Healthy Habits Raffle Campaign](#)!

View May Workshops flyer [here](#).

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

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*April started a new year to earn \$25 for completing the health assessment & workshop in our wellness portal!*

**Montefiore**

Health	Wellness	Nutrition	Exercise	Community	Incentives	Reference
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STEP #1	STEP #2	STEP #3
		
Health Assessment	Workshops	Raffle Program

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Associates can earn a \$25 reward in their paycheck each year when they complete the Wellness Portal Health Assessment and Workshop! The new incentive year started April 1, 2017! (You must complete both items to receive the \$25 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!](#)



## Associate Health Improvement Program (A-HIP)

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

GO FOR THE GREEN

BIOMETRIC MEASURES

BMI Body Mass Index Height/Weight Ratio	LDL Blood Cholesterol (BAD)	SBP Systolic Blood Pressure	A1c Diabetes Risk
		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			

\$100

\$100

\$100

\$100

\$100

Low Risk

Moderate Risk

High Risk

Very High Risk

RISK ZONE

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## MONTEFIORE DIABETES PREVENTION PROGRAM OFFERINGS

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### *Digital/Online – Omada Health Diabetes Prevention Program*



Omada is an **online** program for individuals with an A1c in the prediabetic range of 6.0 – 6.4. The program surrounds you with everything you need to become healthier and lose weight! Want to learn more? Watch '[See How it Works](#)'.

As a participant you receive:

- 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 ALL associates (including 1199) with an A1C level between 6.0 – 6.4  
*FREE* of cost (a ~\$600 value)

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

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## In-Person YMCA Diabetes Prevention Program



If you are not eligible or interested in Omada Health, the YMCA Diabetes Prevention Program may be for you. This evidence based program helps associates eat healthier, increase physical activity and lose weight.

A new session will start at the Einstein Campus on Wednesday's from 5:30pm – 6:30pm in the auditorium, and associates can still enroll until May 10th! ALL associates with an A1c of 5.7 – 6.4 are eligible to join the onsite YMCA Diabetes Prevention program.

[To register for both, visit our registration page](#)

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## TO YOUR HEALTH! SERVICES

*Check out all the resources To Your Health! has to offer:*

Fitness Opportunities	Nutrition	Supportive/Emotional Well-Being	Programs
<a href="#">5Rhythms</a>	<a href="#">Wellness Portal</a>	<a href="#">Healing Arts</a>	<a href="#">Care Guidance Program</a>
<a href="#">Gym Discounts</a>	<a href="#">Weight Watchers</a>	<a href="#">Supportive Wellness Services</a>	<a href="#">1199SEIU Montefiore Coordinated Care Program</a>
<a href="#">Montefiore Mile</a>		<a href="#">Unwind with Guided Relaxation Tracks</a> Call: 718-920-CALM	<a href="#">Diabetes Prevention Programs</a>
		<a href="#">Supporting Healthy Relationships Workshops</a>	<a href="#">Employee Assistance Program/Members Assistance Program (1199SEIU)</a>

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

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## MAY EVENTS

Sun	Mon	Tues	Wed	Thur	Fri	Sat
	1 <a href="#">Weight Watchers Inspire Events</a> Wakefield	2 <a href="#">Weight Watchers Webinar</a> 12:00pm	3 <a href="#">Weight Watchers Inspire Events</a> Moses/Einstein/Tarrytown/Hutch	4 <a href="#">Weight Watchers Inspire Events</a> Yonkers/Fordham	5	6
7	8 <a href="#">Weight Watchers</a> Wakefield	9	10 <a href="#">Weight Watchers</a> Moses/Einstein/Tarrytown/Hutch	11 <a href="#">Weight Watchers</a> Yonkers/Fordham	12	13
14	15 <a href="#">Weight Watchers</a> Wakefield  <a href="#">Monthly Wellness Workshop</a> Tai Chi Einstein Campus 12:00-1:00pm	16 <a href="#">5Rhythms</a> TLC Grand Hall 5:15pm-6:15pm	17 <a href="#">Weight Watchers</a> Moses/Einstein/Tarrytown/Hutch	18 <a href="#">Weight Watchers</a> Yonkers/Fordham	19	20
21	22 <a href="#">Wellness Workshop</a> Equinox Boot Camp CHAM/Moses Campus CHAM 2 Conf Rm 5:30pm-6:15pm  <a href="#">Weight Watchers</a> Wakefield	23	24 <a href="#">Weight Watchers</a> Moses/Einstein/Tarrytown/Hutch	25 <a href="#">Weight Watchers</a> Yonkers/Fordham	26	27
28	29 <a href="#">Weight Watchers</a> Wakefield  <a href="#">Wellness Workshop</a> Equinox Boot Camp Yonkers: 3 O'Dell Plaza Conf Rm D 5:15pm-6:00pm	30	31 <a href="#">Weight Watchers</a> Moses/Einstein/Tarrytown/Hutch  <a href="#">Weight Watchers Webinar</a> 12:00pm			