

Get ready to experience your

NEW Montefiore Wellness Portal

Coming February 2021!

Be on the lookout for additional updates soon.

NEW FEATURES



New Portal Layout

The new layout features a more functional homepage, allowing you to focus on what really matters - supporting your health and wellbeing.



Health Questionnaire

The health questionnaire evaluates lifestyle behaviors to determine how they contribute to or detract from your optimal health.



Direct Messaging with Health Coaches

Directly contact and receive messages from your Telephonic Health Coach using a new secure messaging system.



Wellness Advisor

Discover areas of risk based on your health questionnaire responses. Use the Wellness Advisor to recommend programs and activities to improve your wellbeing.



Incentive Tracker

Easily view To Your Health! incentive programs and points earned.



Health Trackers

Seamlessly sync your favorite device(s) with the Montefiore Wellness Portal, including Apple and Fitbit health trackers.



To-Do Activities

Check out your new, personalized one-stop shop for learning modules, activities, and programs that can help you achieve your goals.

Questions?

Please email ToYourHealth@montefiore.org.

Montefiore

To Your Health!

Montefiore for a Healthy You