



TO YOUR HEALTH!

WHAT'S NEW

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[Volunteer with Habitat for Humanity of Westchester on September 29th, October 13th or November 10th!](#)

[Need non-emergency care quickly? Visit CityMD or a Montefiore Urgent Care Center!](#)

[Strategies for Personal Success with Montefiore's Associate Wellness Dr. Brenda Boatswain and Jessica Shapiro, September 27th, 2018](#)

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SEPTEMBER/OCTOBER NEWSLETTER

As the seasons change and fall brings new beginnings and fresh starts, To Your Health! is here to support associates in setting and reaching healthy goals! Highlighted in this newsletter is the September Associate Wellness Program, '[Strategies for Personal Success](#)' on September 27th, a session on motivation and reaching personal goals with Montefiore's Associate Wellness Wellbeing Coordinator Dr. Brenda Boatswain, PhD and Registered Dietitian Jessica Shapiro, MS, RD, CDN, CDE.

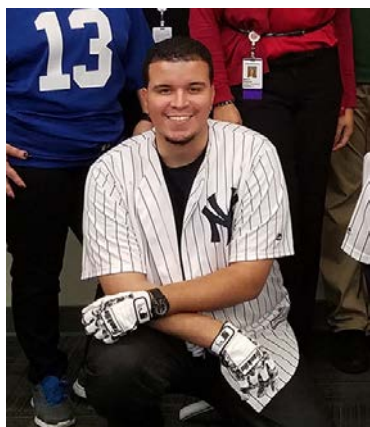
Also, join us on October 15th for the '[Nutrition RD Talk](#)' with Montefiore's Associate Wellness Dietitian Jessica Shapiro, MS, RD, CDN, CDE and Clinical Admin Dietitian Rebecca Elbaum, MPH, RD, CDN, CDE to assess your personal nutrition and participate in a lively question and answer session about healthy diets.

In this newsletter we spotlight two associates who made healthy improvements and lowered their A1c blood sugar with the Omada Health Digital Diabetes Prevention Program available to all associates! Click [here](#) to read their stories and to learn more about this program.

ASSOCIATE SPOTLIGHT – OMADA HEALTH DIABETES PREVENTION PROGRAM SUCCESS STORIES!

Montefiore offers the Omada Health Diabetes Prevention Program free to associates whose A1c levels are in the pre-diabetic range (5.7-6.4) and meet the program qualifications. Below two associates who participated in the program share their stories!

Robert Sosa, Montefiore Information Technology, Yonkers



Robert says, “I’m a typical millennial and I had a junk food habit. I would eat things that weren’t good for me, often have seconds, and eat big portions during my lunch break. At one point my doctor told me that I was pre-diabetic and needed to be careful with the sugar I consumed.

I learned about Omada during an Associate Health Improvement Program (A-HIP) biometric screening and began the program shortly afterwards in the summer of 2017. I was sent a welcome kit with a scale and assigned an online health coach. The program helped me keep track of my food intake and I weighed-in on the scale daily. The program was really helpful – my health coach would send me messages about healthier food options and recommendations on what to eat. After completing the program, I still weigh-in daily and use the tips the health coach taught me, such as how to deal when there is pizza at the office and how to increase my physical activity. With the help of the Omada program, I was able to lose weight and lower my A1c.

I’m still working on my wellness journey. I’ve invested in an affordable folding treadmill and weights to do physical activity at home. I also bike with my wife pretty frequently, especially when I feel that I haven’t been active or eating as well as I should. I would definitely recommend Omada to anyone who is looking to join – it works around your schedule and wasn’t hard to do.”

Leo Stroessen, Engineering, Wakefield

Leo says, “it is hard to face your shortfalls and it is even harder to make a healthy change. I avoided the gym and saw my weight increase even after trying to maintain it on my own.

My wellness journey started with an Associate Health Improvement Program (A-HIP) biometric screening in April 2017. The values from the biometric screening didn’t make any sense to me until I met with the Associate Wellness registered dietitian. When I made my appointment with her she told me to make changes in my health and recommended the Omada program. I never heard of Omada but was curious. The registered dietitian told me that my A1c reading qualified me for the free program.

I started the Omada program in February 2018 and will continue to follow it throughout this year. The Omada lessons have taught me how to be better at selecting the right healthy food choices to feel satisfied. The program also tracks my activity level, and because I joined a gym right before I started this program I was able to establish a new routine. My journey to lose weight and get healthier was challenging but the Omada program made it easy for me to lose 40 pounds in six months. The difference with the Omada program is that it is not a diet, it is a lifestyle change, and it has helped me change my habits to be successful. If I can do it you can also do it!”



Want to learn more about Omada Health or an in-person diabetes prevention program? Both programs are FREE to associates if you are at risk for diabetes (with an A1c of 5.7-6.4). For more information and to enroll, email WellnessRD@montefiore.org.

TIPS & NEWS

September is National Cholesterol Education Month!

Made in the liver, the human body uses cholesterol to make hormones and to digest fatty foods. While some cholesterol is good for the body, food can play a role, along with other factors, in increasing one's risk of "bad" cholesterol. To learn more about the two main types of cholesterol and how to maintain a healthy balance, read this [article](#).

One way to lower cholesterol and keep your heart healthy is physical activity. **Did you know that Montefiore offers several fitness facility discounts to associates, including Equinox, New York Sports Club and the NYC YMCAs?** Learn more about the current fitness facility discounts available by viewing the flyer [here](#).

Along with physical health, it is equally important to maintain one's mental health. In this [video](#), Dr. Guy Winch, PhD, discusses the importance of psychological health and how to practice "emotional hygiene."



October 10th is World Mental Health Day: Be an agent for empathy and compassion



October 10th is World Mental Health Day, a day to raise awareness about mental health and highlight efforts to support mental health. One in five Americans are affected by mental health conditions. Yet societal stigma and self-stigma create an environment of shame, fear and silence that prevents many people from seeking care. The perception of mental health care won't change unless we act

to change it. [Here](#) are 9 ways to fight mental health care stigma and win!

For resources about mental health click [here](#).

Volunteer with Habitat for Humanity of Westchester – Upcoming Service Dates!



With the mission to provide safe, quality, affordable, and green housing for lower-income families and individuals, Habitat for Humanity of Westchester has built over 800 homes in the community and empowers people to build a better future for themselves and their families.

Montefiore associates can volunteer to help Habitat for Humanity of Westchester on one of the upcoming Saturdays:

- September 29th
- October 13th
- November 10th

For more information and to sign-up to volunteer for one of these dates, please email Dr. Vaughn Folkert at VFolkert@montefiore.org.

Under the Weather and Need Care in a Hurry? Visit CityMD or Montefiore Urgent Care!

Did you know that Montefiore has partnered with CityMD to provide exceptional urgent care to the Bronx, Westchester and Rockland communities? With a combined network of more than 300 board certified physicians, CityMD and Montefiore urgent care centers can provide care to both children and adults 365 days a year! Consider using Urgent Care when you want care quickly for a non-life threatening issue and don't want to wait in the Emergency Room.

For more information on when to go to urgent care and locations, click [here](#) to view the brochure.

**PARTNERING
TO MAKE
THE BRONX
HEALTHIER**

Montefiore
DOING MORE

CITYMD
URGENT CARE

September Associate Wellness Program: 'Strategies for Personal Success' with Dr. Brenda Boatswain, PhD and Jessica Shapiro, MS, RD, CDN, CDE Thursday, September 27th, 2018

As the fall brings fresh starts, it's easy to resolve to make changes yet hard to follow through with them. Montefiore's Associate Wellness Wellbeing Coordinator Dr. Brenda Boatswain, PhD, and Associate Wellness Registered Dietitian Jessica Shapiro, MS, RD, CDN, CDE, will lead an informative session about how to stay motivated to achieve personal and health goals.

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

In-person	Webinar
Thursday, September 27 th , 2018 1:15pm – 2:00pm Moses Campus 3415 Bainbridge Ave, Bronx, NY CHAM 2 Room 1 To learn more, click here Register on Talent Management	Thursday, September 27 th , 2018 1:15pm – 2:00pm Zoom Video Conferencing Pre-register here to Zoom

The first 10 to register and attend the in-person program will receive a FREE gift! All participants, via in-person or Zoom, will earn 3 raffle entries for the program in the Healthy Habits Raffle, where \$1000 prizes are raffled off each quarter.

**October Associate Wellness Program:
'Nutrition RD Talk'
with Jessica Shapiro, MS, RD, CDN, CDE
and Rebecca Elbaum, MPH, RD, CDN, CDE
Monday, October 15th, 2018**

Join Montefiore's Associate Wellness Dietitian Jessica Shapiro, MS, RD, CDN, CDE, and Clinical Admin Dietitian Rebecca Elbaum, MPH, RD, CDN, CDE for a discussion where associates can assess their personal nutrition knowledge and ask the dietitians questions about improving eating habits.

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

In-person	Webinar
Monday, October 15 th , 2018 12:00pm – 1:00pm or 1:00pm – 2:00pm Hutch Campus 1250 Waters Place Tower II, Bronx, NY 12 th Floor Conference Room To learn more, click here Register on Talent Management	Monday, October 15 th , 2018 1:00pm – 2:00pm Zoom Video Conferencing Pre-register here to Zoom

The first 10 to register and attend the in-person program will receive a FREE gift! All participants, via in-person or Zoom, will earn 3 raffle entries for the program in the Healthy Habits Raffle, where \$1000 prizes are raffled off each quarter.

Join the Nutrition Skills Workshop at the Einstein Campus – Starting on September 21st!



Associate Wellness is holding a Nutrition Skills Workshop at the Einstein campus! Led by the Associate Wellness registered dietitian, this 6-week program will provide associates hands-on experience and teach them how to eat wisely and face healthy eating challenges head on!

To learn more about the workshop and to register, click [here](#) to view the flyer! For questions email WellnessRD@montefiore.org.

New From Weight Watchers: Free September Starter Kit, Wakefield Information Session on September 13th and a New Webinar Website

FREE September Starter Kit

Join Weight Watchers between September 4th and September 21st to be eligible for a free Starter Kit! Click [here](#) for more information.

Weight Watchers at Work – Wakefield Information Session on September 13th

Come to the Wakefield Weight Watchers Information Session on Thursday, September 13th from 12:00pm – 12:45pm to re-open the Wakefield meeting on Thursdays and learn about the Weight Watchers Freestyle program! Click [here](#) for more information.

Weight Watchers Webinars on Demand

Weight Watchers members and non-members can check out upcoming and on-demand webinars [here](#).

Interested in attending a meeting? Print this [coupon](#) to attend a Weight Watchers at Work meeting for free!

Passionate about Health and Wellness? Sign-up to be a Montefiore Wellness Liaison!



Are you or someone in your department passionate about personal health and wellness? Then sign-up or nominate someone to be a Wellness Liaison! In this role, associates are volunteer ambassadors for Montefiore's Associate Wellness programs and work to help build a culture of wellbeing in each department and across Montefiore. Please note that this voluntary position does not interfere with any associates' job duties.

Wellness Liaison trainings will be held throughout this month! For more information about the To Your Health! Wellness Liaison program and to

sign-up email ToYourHealth@montefiore.org.

Have You Completed the 2018 Wellness Portal Health Assessment Questionnaire & Workshop to Earn \$30?



Montefiore associates can earn a \$30 reward in their paycheck each year with completion of the Wellness Portal Health Assessment questionnaire *and* Workshop! (You must complete both items to receive the incentive.) For more information, click [here](#). To get started, 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.

Participate in the 2018 Healthy Habits Raffle: Enter to Win One of Four \$1000 Prizes!

Healthy Habits Raffle Campaign 2018

Win one of the \$1,000 prizes every quarter by completing the activities below

This year we've expanded the list of activities available for raffles, with new items in bold! To be entered, log on to the Wellness Portal at ToYourHealth.Montefiore.org and visit the Incentives page to record your activities.

Physical Wellness	Tickets	Frequency
5 Rhythms	2	Monthly
Talk to a Trainer on the Wellness Portal	1	Monthly
Wellness Portal - Exercise Workshop (6 weeks)	2	Once Annually
Gym Membership/Class Program (such as ClassPass) - must verify	5	Once Annually
Wellness Portal - Sleep Health Workshop (3 weeks)	2	Once Annually

Holistic Wellness	Tickets	Frequency
'Wellness Coaching' Appointment (with Associate Wellness)	5	Twice Annually
Register with Care Guidance	5	Once
Telephonic Health Coaching Appointment	3	Quarterly
Live Associate Wellness Monthly Program	3	Monthly
Wellness Portal - Life Balance Workshop (3 weeks)	2	Once Annually

Financial Wellness	Tickets	Frequency
MyMonteBenefits Website Visit	2	Quarterly
Wellness Portal - Financial Wellness Workshop (4 weeks)	2	Once Annually
Meet with a Montefiore 403(b) Fidelity Representative	5	Once Annually
Attend Montefiore Fidelity Financial Webinar	1	Monthly

Nutritional Wellness	Tickets	Frequency
'Nutrition Counseling' Appointment (with Associate Wellness)	5	Twice Annually
Weight Watchers Registration	3	Once
Weight Watchers for Diabetes Registration	3	Once
Associate Wellness Food Tastings	1	Monthly
Dietitian/Nutrition Series (6 weeks)	5	Once Annually
Wellness Portal - Nutrition Workshop (4 weeks)	2	Once Annually

Other Wellness Portal Activities	Tickets	Frequency
A-HIP Screening: Low Risk Biometric Value in Any Category	1 (4 max.)	Once
Answer Portal Question of the Month	1	Monthly
Upload a Healthy Recipe to the Portal	1	Monthly
Writing a Blog Post on the Portal	1	Monthly
Login to the HealthyNow App	1	Monthly

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

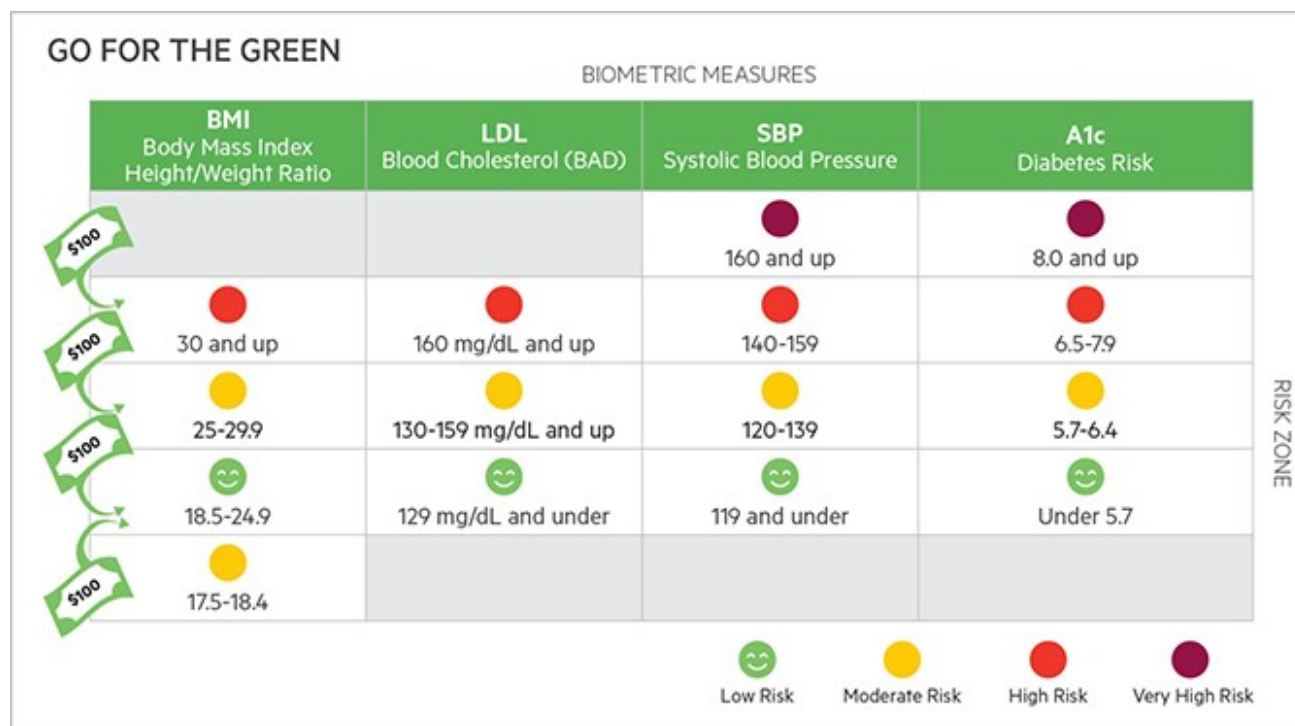
Activities must be verified

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To Your Health!
Montefiore for a Healthy You

For more information click [here](#). Need instructions on how to log your activities? Click [here](#).

Have You Been Paid for Your Healthy Improvements in 2018?

The Associate Health Improvement Program (A-HIP) **rewards associates with \$100 for each verified improvement** in four biometric areas – BMI, blood pressure, LDL cholesterol and A1c. Look out for screening announcements in the upcoming weeks to have your baseline value recorded, or reach out to Associate Wellness at ToYourHealth@montefiore.org to find out other ways to enroll into the program.



Learn more about A-HIP and how to earn in the [Program Guide](#).

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

Montefiore offers FREE in-person and telephonic supportive wellness coaching and nutrition counseling annually to associates who are looking to make healthy changes! Get the support you need by creating a plan and working towards positive changes with the Associate Wellness registered dietitian and licensed psychologist. Click [here](#) to learn more about supportive wellness services and [here](#) for nutrition counseling information.



Telephonic Health Coaching Available for Associates: Make Your Appointment on Montefiore's Wellness Portal!



Do you want to create a plan on how to reach your wellness goals? Montefiore's To Your Health! Associate Wellness offers FREE telephonic health coaching to all associates! Associates are provided an unlimited number of visits with a Registered Nurse who can assist in any lifestyle or health changes.

To sign-up for an appointment, log into the Wellness Portal at toyourhealth.montefiore.org and then pick your appointment time on the calendar. It's that easy!

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

Healthy Pick: Spicy Sesame Zoodles with Crispy Tofu

Here are five reasons why we love the plant-based spicy sesame zoodles with crispy tofu recipe:

1. The start of fall means it is time to use up your summer zucchini stash
2. It includes a delicious sesame peanut sauce
3. Zoodles are an excellent low-carbohydrate noodle replacement
4. This is a recipe where the cooked tofu really makes the meal
5. It is simple to prepare on a weekday night when you're crunched for time!

Read the recipe [here](#).

Be sure to email us at ToYourHealth@montefiore.org with your thoughts if you give it a try!



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	Healing Arts	Care Guidance Program
Gym Discounts	Weight Watchers	Supportive Wellness Services	Diabetes Prevention Programs
Montefiore Mile		Unwind with Guided Relaxation Tracks Call: 718-920-CALM	Employee Assistance Program / Members Assistance Program (1199SEIU)
		Supporting Healthy Relationships Workshops	
		Parenting Group Program	

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

In each 2018 newsletter we'll profile a To Your Health! partner, in this issue we profile Montefiore's Learning Network:

Montefiore's Learning Network is a collaborative effort across the institution and beyond to provide learning programs and resources to support associates in their work and career and to help Montefiore continue to succeed. The Learning Network specializes in all aspects of organizational learning and effectiveness including:

- Leadership and workforce development
- Talent management and succession planning
- Coaching, mentoring and assessment services
- Performance management and improvement
- Training (general, clinical, professional, and skills)*
- Organization development and consulting
- Strategic planning and implementation, retreat design, and team development/intervention

Montefiore
Learning Network

Call 718-920-8787 or email LearningNetwork@montefiore.org for more information.

*The Montefiore Learning Network is a provider of ANCC Continuing Education credits (CEUs).

SEPTEMBER EVENTS

Mon	Tues	Wed	Thur	Fri
3	4	5	6	7
10 Weight Watchers CHCC	11	12 Weight Watchers Moses, Einstein, Tarrytown, CHCC	13 Weight Watchers Information Session Wakefield 12:00pm – 12:45pm Weight Watchers Yonkers, Fordham	14
17 Weight Watchers CHCC	18 5Rhythms TLC Grand Hall 5:15pm – 6:15pm	19 Weight Watchers Moses, Einstein, Tarrytown, CHCC	20 Weight Watchers Yonkers, Fordham	21
24 Weight Watchers CHCC	25	26 Weight Watchers Moses, Einstein, Tarrytown, CHCC	27 September Associate Wellness Program: Strategies for Personal Success Moses Campus CHAM 2 Room 1 and Zoom 1:15pm – 2:00pm Weight Watchers Yonkers, Fordham	28

OCTOBER EVENTS

Mon	Tues	Wed	Thur	Fri
1	2	3 Weight Watchers Moses, Einstein, Tarrytown, CHCC	4 Weight Watchers Yonkers, Fordham	5
8 Weight Watchers CHCC	9	10 Weight Watchers Moses, Einstein, Tarrytown, CHCC	11 Weight Watchers Yonkers, Fordham	12
15 October Associate Wellness Program; Nutrition RD Talk Hutch Campus 12 th Floor Conference Room and Zoom 1:00pm – 2:00pm Weight Watchers CHCC	16 5Rhythms TLC Grand Hall 5:15pm – 6:15pm	17 Weight Watchers Moses, Einstein, Tarrytown, CHCC	18 Weight Watchers Yonkers, Fordham	19
22 Weight Watchers CHCC	23	24 Weight Watchers Moses, Einstein, Tarrytown, CHCC	25 Weight Watchers Yonkers, Fordham	26
29 Weight Watchers CHCC	30	31 Weight Watchers Moses, Einstein, Tarrytown, CHCC		