



TO YOUR HEALTH!

AUGUST NEWSLETTER

Welcome to August! In the spotlight we **profile another associate** who's seen great success in the Montefiore 'Beyond the Scale' **Weight Watchers** program! Also, the August workshop is on the hot topic of gut health!

Did you miss out on our last round of biometric screenings? We have added additional dates to the calendar for August! See [below](#) for the details.

TIPS & NEWS

In August we're focusing on Gut Health!

Did you know the gut has 500 million nerve cells? In this [video](#) by Food scientist Heribert Watzke we learn about the complexity of the gut, and how our gut and brain are connected. Also, did you know functional gastrointestinal disorders affect 35% to 70% of people at some point in life? Learn about the connection between your gut and your brain health, and what you can do for better gut health in this [article](#).

If this topic is of interest to you, don't forget to also sign-up for this month's wellness workshop.



ASSOCIATE SUCCESS SPOTLIGHT

Since Weight Watchers introduced the 'Beyond the Scale' program, members have seen even greater success in the program! Read Denise Costa's story below, and learn more about Montefiore's membership offerings.



Denise Costa
HRIC Representative, Human Resources, Tarrytown Campus

Denise says, "what brought me to Weight Watchers over a year ago was the timing to know I needed to make a change in my life. It was "My Time" and I had to do something for me. Health reasons were my primary determination. Looking and feeling healthier was another. I knew my eating habits had to change for the better. Once I started making this change I knew this is the road I desired.

In one year, I lost over 50 pounds. With my continued weight loss not only am I achieving my goal but I also made new friends along the way. The encouragement we offer each other in our workplace has made it that much more fun, and easier. The meetings with our leader, Joanie, have contributed to my success. Weight Watchers has become my lifestyle and members of my family too."

Interested in Weight Watchers?

Montefiore has seven at-work meetings, and Associate Wellness can work with any location that has 15 interested associates to bring a meeting to that site. Whether you're interested in community meetings or at-work meetings Montefiore offers a 50% discount to associates, and additional discounts after certain engagement criteria are met.

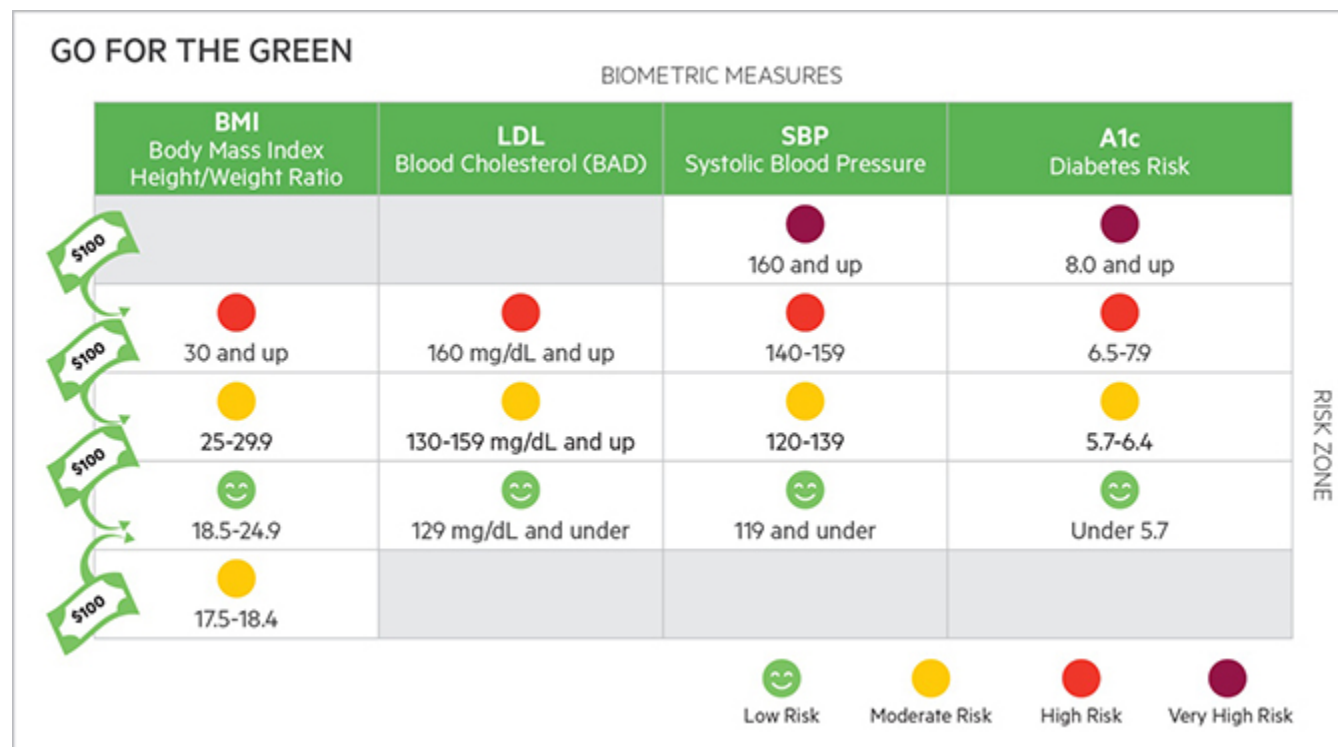
Click [here](#) for more information and write toyourhealth@montefiore.org to send Denise a congratulations, or if you're interested in starting a meeting at your site.

WHAT'S NEW

- [Biometric screenings in August for the Associate Health Improvement Program \(A-HIP\)](#)
- [Monthly Wellness Workshop – August 16, 12:00pm, Wakefield & Zoom](#)
- [Sign-up for a FREE visit with the Associate Wellness Dietitian \(multiple locations\)](#)
- [Montefiore Healthy Habits Campaign – enter to win \\$1000](#)
- [Have you been told you're at risk for diabetes? Montefiore could help!](#)
- [Free Associate Trainings on LGBTQ Care](#)
- [What could you buy with an extra \\$25?](#)
- [Weight Watchers Information & Recipe – Peach, Basil and Tomato Salad with Vinaigrette!](#)

Join Associate Wellness for a biometric screening in August!

The Associate Health Improvement Program rewards associates with \$100 for each improvement towards low risk in four biometric areas, BMI, blood pressure, cholesterol and A1c.



Join us at an upcoming biometric screening in August to determine your eligibility, or to recheck your values if you've been previously screened and think you've made improvements towards low risk!

August 17	Moses Campus	Auditorium	8:30am – 1:30pm
August 23	Yonkers Campus	3 O'Dell Plaza, Conference Room D	8:30am – 1:30pm
August 31	Einstein Campus	4 th Floor Cafeteria	8:30am – 1:30pm

To sign-up for a screening appointment visit, uswellness.com/Montefiore.

NOTE: If you've had laboratory tests done in the last six months with a physician you can also bring your **My Chart** or laboratory results for cholesterol and A1c with you to register as well.

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

Monthly Wellness Workshop: Gut Health = Good Health!

This month's Associate Wellness Workshop is brought to you by Montefiore's Associate Wellness Registered Dietitian, Lea Loveland. Our microbiome, the healthy bacteria that inhabit our bodies, is becoming an increasingly hot topic. Learn the basics about these friendly bugs, how they keep us well, and what we can do to nourish them.

See location and registration details below, and receive 3 raffle entries in the Healthy Habits Raffle Campaign to win \$1000 for attending.

<p>Wakefield Campus 600 E 233rd St, Bronx, NY 10466 PAT Conference Room</p> <p>Zoom Video</p>	<p>Wednesday, August 16, 2017 12:00pm - 1:00pm To learn more and register in person, click here</p> <p>Pre-register here to Zoom T: 646-558-8656; Meeting ID: 919 542 217</p>
---	---

Sign-up for a FREE Visit with the Associate Wellness Dietitian – at Multiple Campuses!

Montefiore's To Your Health! Associate Wellness Program offers *FREE* nutrition counseling to all associates. **Appointments are available at Moses, Wakefield, Einstein, Tarrytown, Yonkers and telephonically.** If interested, please write WellnessRD@montefiore.org to set-up an appointment.

Our Associate Wellness Dietitian can address all of your nutritional concerns including, but not limited to: weight control, blood pressure, blood lipid levels, blood sugar management, digestive disorders, and food allergies/sensitivities.

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



Have you entered to win one of six \$1000 prizes in our Healthy Habits Campaign?

Each quarter we raffle off six \$1000 prizes! If you've been wondering how to enter, it's easy! Below are the details.

Participate in any of these activities:

To Your Health! activities include but not limited to:

Activity	# of raffle entries	Timing/Eligibility
Associate Wellness Dietitian Session	5	Once
Care Guidance Registration **if eligible	5	Once
Monthly Wellness Workshop	3	Monthly
Weight Watchers Registration	3	Once
Supportive Wellness Session	5	Once
5Rhythms Class Movement Class	2	Monthly
Monthly Nutrition Challenge Completion	3	Monthly
Weight Loss Intensive Program	5	Once
Associate Wellness Portal Online Workshops*	2	Once per workshop
Associate Wellness Portal Question of the Month	1	Monthly

*Does not include Wellness workshop or Challenge workshops.

Then, visit the incentive page on the wellness portal to log your activities! Need instructions? Click [here](#)!

If you want to see who has won this year and their number of raffles earned click [here](#).

Have you been told you're at risk for diabetes, but not sure you have the time or resources to make the needed changes? Montefiore can help!



Montefiore has both **in-person and online programs available FREE** for associates that are at risk for diabetes, with an A1c of 5.7 – 6.4.

If you've been told you're at risk or pre-diabetic, **write us at WellnessRD@montefiore.org**. Montefiore's Associate Wellness Dietitian can provide you with options and help connect you to programs that have been proven to reduce a person's diabetes risk of by up to 58%.

Free Associate Trainings for LGBTQ Patient Care



The Health Equality Index has offered Montefiore free LGBTQ trainings to all associates, for participating in the Human Rights Campaign, to better serve our Lesbian, Gay, Bisexual, Transgender, and Questioning (LGBTQ) community. Take advantage of this opportunity for free trainings to enrich our cultural competency of LGBTQ patient care!

To learn more about the free trainings, some of which include CME credit, click [here](#).

Associates who complete a training will be **entered to win a Montefiore blue tooth speaker!**

What could you buy with an extra \$25?



April started a new year to earn Montefiore's incentive for completing the health assessment & workshop in our wellness portal!

Complete the Wellness Portal Health Assessment and Workshop! (You must complete both items to receive the incentive.)

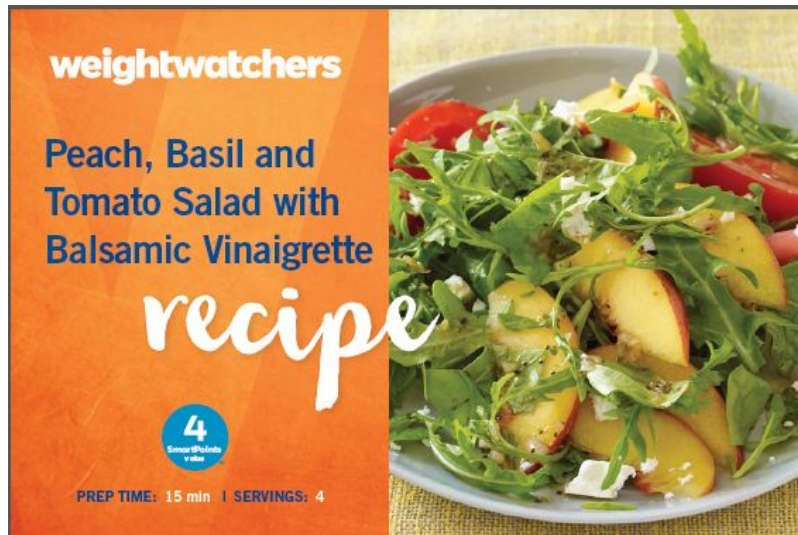
*Monetary rewards (i.e. gift cards and reward inclusion in paycheck) are considered income subject to federal, state and employment tax withholding, and reporting on Form W-2, unless a specific exemption applies.

For instructions, click [here](#).

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

Healthy Pick of the Month: Peach, Basil and Tomato Salad with Vinaigrette!

This month we're profiling another delicious recipe from [Weight Watchers](#)! See the recipe below and write us at toyourhealth@montefiore.org with a review 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/Health Coaching	1199SEIU Montefiore Coordinated Care Program
Montefiore Mile		Unwind with Guided Relaxation Tracks Call: 718-920-CALM	Diabetes Prevention Programs
		Supporting Healthy Relationships Workshops	Employee Assistance Program / Members Assistance Program (1199SEIU)

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

AUGUST EVENTS

Sun	Mon	Tues	Wed	Thur	Fri	Sat
		1	2 Weight Watchers Moses/Einstein/Tarrytown/Hutch	3 Weight Watchers Yonkers/Fordham	4	5
6	7 Weight Watchers Wakefield	8	9 Weight Watchers Moses/Einstein/Tarrytown/Hutch	10 Weight Watchers Yonkers/Fordham	11	12
13	14 Weight Watchers Wakefield	15 5Rhythms TLC Grand Hall 5:15pm-6:15pm	16 Weight Watchers Moses/Einstein/Tarrytown/Hutch Monthly Wellness Workshop Wakefield Campus & Zoom 12:00-1:00pm	17 Weight Watchers Yonkers/Fordham A-HIP Biometric Screening Moses Campus, Auditorium, 8:30am – 1:30pm	18	19
20	21 Weight Watchers Wakefield	22	23 Weight Watchers Moses/Einstein/Tarrytown/Hutch A-HIP Biometric Screening Yonkers Campus, 3 O'Dell Plaza, Conference Rm D, 8:30am – 1:30pm	24 Weight Watchers Yonkers/Fordham	25	26
27	28 Weight Watchers Wakefield	29	30 Weight Watchers Moses/Einstein/Tarrytown/Hutch	31 Weight Watchers Yonkers/Fordham A-HIP Biometric Screening Einstein Campus, 4 th Flr Cafeteria, 8:30am – 1:30pm		