



# Montefiore



## A happier, healthier life starts here.

Montefiore Medical Center is committed to helping you reach your wellness goals—to lose weight, eat healthier, move more, develop a more positive mindset, or all of the above—by offering discounted pricing on the WW offerings listed below. Join WW, and you'll get access to lots of exciting features, including exclusive mindset content through Headspace®, and incredible products and experiences through our rewards program, WellnessWins™.

There has never been a better time to join WW!

Choose the plan that's right for you	Digital	Digital + Workshops	WW for Diabetes
Retail price per month	\$19.95	\$44.95	\$56.06
Associate monthly pricing before reimbursement	\$8.48	\$19.11	\$19.11
<b>Final monthly cost after reimbursement</b>	<b>\$4.24</b>	<b>\$9.56</b>	<b>\$9.56</b>
Reimbursement criteria	Submit your Monthly Progress Report after 12 weeks of participation	Attend at least 10 out of 12 Workshops in a 12-week period	Attend at least 10 out of 12 Workshops in a 12-week period
<b>Easy-to-use app and website</b> Track your food, activity, and weight any time with our digital tools.	*	*	*
<b>Endless food options</b> With our database of 4,000+ delicious recipes, you'll eat what you love and lose weight.	*	*	*
<b>Encouragement from a vast online community</b> Keep in touch with other members on their weight-loss journeys and share tips, tricks, and ideas with each other.	*	*	*
<b>Motivation from others with similar goals</b> Share your journey with fellow members through weekly in-person workshops.		*	*
<b>Insightful coaching from a WW expert</b> Get strategies from someone who's been in your shoes and lost weight.		*	*
<b>Food plan</b> Tailored to individual needs.			*
<b>Weekly emails</b> Information on diabetes and weight-loss management.			*
<b>Confidential and unlimited access</b> to a Certified Diabetes Educator (CDE).			*

Plans automatically renew monthly. See below for details.

To purchase any of these WW offerings, or for more information, visit <https://wellness.weightwatchers.com>, and enter **Employer ID: 65022**. Remember to have your **EZ ID** on hand for verification.

Reimbursement forms can be found at [www.mymontebenefits.com/pdf/weight-watchers-reimbursement-form](http://www.mymontebenefits.com/pdf/weight-watchers-reimbursement-form)

For questions or assistance registering please call the WW Wellness Hotline at **866-204-2885**.

Digital subscription: Pay \$8.48 today for your first month. Plan automatically renews monthly thereafter at \$8.48 until you cancel.

Digital+ Workshopssubscription: Pay \$19.11 today for your first month. Plan automatically renews monthly thereafter at \$19.11 until you cancel. Minimum enrollment and participation required to start and maintain Workshops in the workplace.

WW for Diabetes subscription: May be available to those who meet eligibility criteria, and participation requires a Digital + Workshops subscription, the availability of which will vary in accordance with company size and commitment. Further restrictions apply.

The WW for Diabetes information and guidance provided by the CDE is not intended as a substitute for medical diagnosis or treatment; you should always consult your physician about any healthcare issues.

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### Montefiore - WW at Work Workshops

Campus	Workshop Schedule	Montefiore Contact	Montefiore Contact Email	Workshop Address
<b>CHCC</b>	Monday 12:00pm—12:45pm	Marilyn Cherry	<a href="mailto:mcherry@montefiore.org">mcherry@montefiore.org</a>	305 East 161 <sup>st</sup> Street, Lower Level Conference Room
<b>Moses</b>	Wednesday 12:00pm—12:45pm	Regina Hanstein	<a href="mailto:hanstein@montefiore.org">hanstein@montefiore.org</a>	111 East 210 <sup>th</sup> Street, Tishman Learning Center
<b>Einstein/Weiler</b>	Wednesday 12:15pm—1:00pm	Lisa Rivera	<a href="mailto:lvitolo@montefiore.org">lvitolo@montefiore.org</a>	1825 Eastchester Road, Einstein Auditorium
<b>Tarrytown</b>	Wednesday 12:15pm—1:00pm	Donna Fedele	<a href="mailto:dfedele@montefiore.org">dfedele@montefiore.org</a>	555 S. Broadway, Room BG-R11
<b>Yonkers</b>	Thursday 12:00pm—12:45pm	Joanne Juliano	<a href="mailto:jjuliano@montefiore.org">jjuliano@montefiore.org</a>	100 Corporate Drive, Suite 126 Conference Room
<b>Fordham</b>	Thursday 12:00pm—12:45pm	Sandra Colon	<a href="mailto:sancolon@montefiore.org">sancolon@montefiore.org</a>	1 Fordham Plaza, 6 <sup>th</sup> Floor Large Conference Room
<b>Yonkers (Suite 175)</b>	Friday 1:00pm—1:45pm	Vanessa Abraham	<a href="mailto:vabraham@montefiore.org">vabraham@montefiore.org</a>	200 Corporate Blvd South, Suite 175