

# 2020 Healthy You Rewards

Complete activities to earn points and receive prizes from To Your Health!



## 1. Choose Your Activities

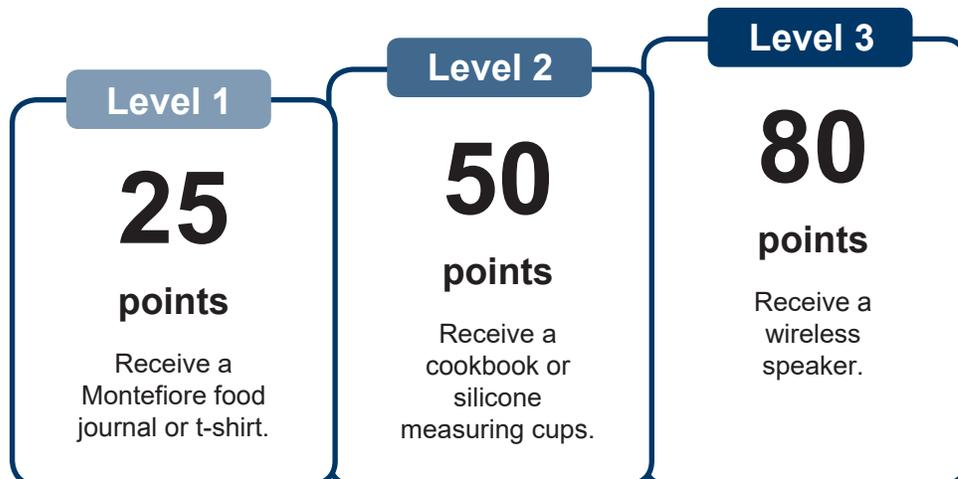
Complete activities below on the Wellness Portal at [ToYourHealth.Montefiore.org](http://ToYourHealth.Montefiore.org) to earn points.

Activity	Point Value	Frequency	Max Value
Food Tracking	1 point	Daily	20 points
Steps Tracking	1 point	Daily	20 points
Water Tracking	1 point	Daily	20 points
Question of the Month	1 point	Monthly	12 points
Quizzes	2 points	Per quiz	8 points
Telephonic Health Coaching	15 points	Monthly	30 points
A-HIP Verified Low Risk Value	5 points per value	Quarterly	30 points
Provider Health Form Upload	10 points for upload	Once annually	10 points
Wellness Workshops	10 points	Per workshop	50 points
<b>Max Points</b>	-	-	<b>200 points</b>

## 2. Receive Rewards

The more activities completed, the more points can be earned for prizes that will be shared via interoffice mail, including new rewards for 2020!\*

\*Items may change or can be discontinued at any time; the provider health form is available at [uswellness.com/montefiore](http://uswellness.com/montefiore).



If you have questions or need assistance, contact [ToYourHealth@montefiore.org](mailto:ToYourHealth@montefiore.org).

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