

To Your Health! Associate Wellness & the Division of Cardiology Present:

## The 2021 Heart Month Wellness Yammer Challenge

♡ *Montefiore Associates are Heart Strong* ♡

**Complete at least one wellness activity each week during the month of February for a chance to earn one of our awesome prizes!**

1. Sign into Yammer [via Outlook] with your Montefiore e-mail and password.
2. Join the “To Your Health! Associate Wellness” Yammer Group.
3. Login to Yammer each week (starting on the Monday) and view the “To Your Health! Associate Wellness” group discussion board for the selection of wellness activities and supporting resources. The activities suggested each week are related to four different areas of wellness to keep our **Hearts Strong**:
  - Week of 2/1: **Heart Strong Nourishment** [*Nutrition Wellness*]
  - Week of 2/8: **Heart Strong Self-care** [*Supportive Wellness*]
  - Week of 2/15: **Heart Strong Creative Outlets** [*Creative Wellness*]
  - Week of 2/22: **Heart Strong Exercise** [*Physical Wellness*]
4. Complete at least one wellness activity each week by Sunday and provide proof of activity completion by at least one of the following:
  - Uploading a photo, providing a link, and/or posting a comment onto the discussion board under the appropriate week.



Associates are eligible to earn **one raffle ticket** per week. One **bonus** raffle ticket will be rewarded to all who successfully complete each of the four weeks for a total of **five raffle tickets**.

Raffle tickets are earned by providing a proof of activity completion on Yammer.

Raffle winners will be contacted in March to coordinate the pick-up or delivery of prizes.

**Contact for To Your Health! Associate Wellness:** [ToYourHealth@montefiore.org](mailto:ToYourHealth@montefiore.org).  
<https://www.mymontebenefits.com/to-your-health>