



TO YOUR HEALTH!

WHAT'S NEW

Tips & News

Zoom Mindful Meditation with Dr. Fernando Camacho, November 28, 2018

Oral Health: What You Need to Know with Montefiore's Alice Lee, DDS, December 3, 2018

WW – New Name and Member Rewards, Same Great Program!

Suffer from Knee, Hip or Low Back Pain? You May Be a Candidate for AposTherapy Treatment!

Are You Passionate About Wellness? Sign-up to be a Wellness Liaison!

Sign-up for FREE Telephonic Health Coaching on Montefiore's Wellness Portal

Healthy Pick: Try the Bronx Salad!

NOVEMBER/DECEMBER NEWSLETTER

As the days become shorter and people gear up for the holidays, To Your Health! is here to support associates in staying well throughout the season! Highlighted in this newsletter is the November Associate Wellness Program, '[Mindful Meditation](#)' on November 28, a session with oncology physician Dr. Fernando Camacho, on being fully present and in the moment during the holiday season.

Also, join us on December 3 for '[Oral Health: What You Need to Know](#),' an educational session on oral health and its impact led by Montefiore's Alice Lee, DDS, Associate Program Director, Division of Pediatric Dentistry. Associates will learn important information for themselves and for use in patient care.

Lastly, in this newsletter we spotlight two associates who made a commitment to physical wellness and have joined a fitness facility with Montefiore's gym discounts! Click [here](#) to read their stories and to learn more about the fitness facility discounts available.

ASSOCIATE SPOTLIGHT – ASSOCIATES WITH MONTEFIORE DISCOUNTED GYM MEMBERSHIPS!

Did you know Montefiore offers discounts on memberships to fitness facilities including Crunch, New York Sports Club and the YMCAs in New York City? Below two associates who currently have discounted gym memberships share their stories!

Nicolette Guillou, Community and Population Health, Moses Campus



Nicolette says, “last year, I was in a car accident and was recovering from some neck and shoulder injuries. In addition to physical therapy and acupuncture, I was interested in other ways to feel strong in my body again.

I joined Equinox in January 2018 through my Montefiore associate discount and used some of the new member perks towards personal training sessions. When I began with my trainer, I was still in a lot of pain and couldn't even hold a plank. She taught me stretches and strength building exercises that were mindful of my injuries and helped me heal. Through consistent practice, I am finally back in good enough shape that I can keep up in Equinox's more challenging group exercises. The group classes are fun, inclusive, and varied enough to keep it interesting. I love the club and would definitely recommend it to anyone interested in adding more exercise to their routine!”

Ariel Sarmiento, Community Pediatric Programs, CHAM, Moses Campus

Ariel says, “as an epidemiologist with a degree in public health, and a family history of heart disease and diabetes, it was important to me to make an active effort to be healthy.

I live in Harlem across the street from a New York Sports Club. I was pleased to hear about the Montefiore discount, and have used this discount for over two years. It's great – the reduced rate allows me to participate in other activities for my wellness, including having another gym membership to vary up my fitness routine.



I view my time at the gym as “me time” – a time for me to put on headphones, focus on myself, and practice mindfulness. I've tried out several offerings at New York Sports Club including personal training and TRX group classes, which I loved and helped me build my own routine. I currently do a combination of cardio exercise and weight training, and at times work on rigorous cross training based on what I've learned from the classes. Having this gym membership has given me a key to a door, yet getting through the door was intimidating at first. But with personal training and group classes, I've picked up so much knowledge and skills that work for me and my body that I am comfortable working out on my own. I would encourage others to join New York Sports Club, especially with the Montefiore discount. It has made all the difference for me!”

In addition to Equinox and New York Sports Club, Montefiore also holds fitness facility discount relationships with 24 Hour Fitness, Crunch Norwood, Equalize Fitness in Yonkers and others! For more information, check out the flyer [here](#)!

TIPS & NEWS

November is American Diabetes Month!

As a life-long disease that impacts almost 10% of the American population, diabetes is a serious matter that impacts the greater community. In this [video](#), the TED Institute discusses the rise of diabetes globally and its significance.



Montefiore participates in American Diabetes Month by providing information and education about diabetes and how to support those impacted by the disease. For more information about Montefiore's American Diabetes Month events, visit <https://www.montefiore.org/diabetes-month>.

Finding Peace During the Busy Holiday Season



As the holiday season can be quite stressful, the Associate Wellness Wellbeing Manager Dr. Brenda Boatswain invites you to find your peace and joy this season through happiness. Click [here](#) to read about the research on how to find happiness.

Montefiore offers resources across all areas of the wheel of wellness for its associates. Click [here](#) to view the Wellness Wheel and email ToYourHealth@montefiore.org for more information on resources.

November Associate Wellness Program:
Zoom 'Mindful Meditation' with Dr. Camacho
Wednesday, November 28, 2018

Associate Wellness is hosting a Zoom meditation session with Montefiore's oncology physician Dr. Fernando Camacho, who will guide the group through this centering practice that will allow you to relax your body to close out 2018 mindfully.

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

<p>In-person Wednesday, November 28, 2018 12:00pm - 1:00pm Moses Campus, 111 E. 210 Street TLC Room 3</p>	<p>Webinar Wednesday, November 28, 2018 12:00pm - 1:00pm Zoom Video Conferencing</p>
<p>To learn more, click here</p>	<p>Pre-register here to Zoom</p>

The first 10 to register and attend the in-person program will receive a FREE gift!

Associate Wellness will also Zoom a meditation session December 12! Click [here](#) to pre-register for the December 12th meditation session. Click [here](#) for the flyer.

December Associate Wellness Program:
'Oral Health: What You Need to Know' with Alice Lee, DDS
Monday, December 3, 2018

Oral health gives hints about the overall health of the body, yet it is often overlooked. Montefiore's Alice Lee, DDS, Associate Program Director, Division of Pediatric Dentistry and Assistant Professor, Department of Dentistry will lead an informative session for associates about oral health and items to look out for in oneself and in patients.

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

<p>In-person Monday, December 3, 2018 12:30pm - 1:30pm Moses Campus, 111 E. 210 Street TLC Room 3</p>	<p>Webinar Monday, December 3, 2018 12:30pm - 1:30pm Zoom Video Conferencing</p>
<p>To learn more and register in person, click here Register on Talent Management</p>	<p>Pre-register here to Zoom</p>

The first 10 to register and attend the in-person program will receive a FREE gift!

WW: New Name and Rewards, Same Great Program!

Weight Watchers is now WW!

Weight Watchers has changed its name to WW! WW will still provide an effective weight-loss program, yet will also work to help members reach new goals. With support for healthier eating, movement, and positive thinking, WW works for everyone! Click [here](#) for more information.

Introducing WellnessWins – A WW Rewards Program

WW members are now eligible for WellnessWins, a new, one-of-a-kind rewards program that recognizes and inspires members as they build healthy habits! WW members can learn more about the rewards program [here](#).



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

Suffer from Knee, Hip or Low Back Pain? You May Qualify for AposTherapy!



Do you have knee, hip or low back pain? If you have these symptoms and meet other prerequisites, you may qualify for AposTherapy, a breakthrough treatment for knee, hip and lower back conditions offered by Montefiore either through clinical trials or insurance.

For more information about this therapy, click [here](#). For more information about the therapy's qualifications and to schedule an evaluation, click [here](#) to view the flyer.

Are You Passionate About Promoting Health and Wellness? Sign-up to be a Montefiore Wellness Liaison!

Are you or someone you know in your department passionate about personal health and wellness? Then sign-up or nominate someone to be a Wellness Liaison! In this voluntary role, associates serve as 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 November!



For more information about the To Your Health! Wellness Liaison program and to sign-up email ToYourHealth@montefiore.org.

Have You Earned Your \$30 Reward by Completing the 2018 Wellness Portal Health Assessment Questionnaire & Workshop?



Every year Montefiore associates can earn a \$30 reward in their paycheck when they complete 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.

Have You Been Rewarded for Your Healthy Changes 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. [Sign-up](#) for one of the upcoming screenings on November 20 or November 29 to have your baseline value recorded, or to check in to see if you've earned a reward for positive improvements. Associates can also reach out to Associate Wellness at ToYourHealth@montefiore.org to find out other ways to enroll into the program.

GO FOR THE GREEN

BIOMETRIC MEASURES

	BMI Body Mass Index Height/Weight Ratio	LDL Blood Cholesterol (BAD)	SBP Systolic Blood Pressure	A1c Diabetes Risk	
\$100			160 and up	8.0 and up	RISK ZONE
\$100	30 and up	160 mg/dL and up	140-159	6.5-7.9	
\$100	25-29.9	130-159 mg/dL and up	120-139	5.7-6.4	
\$100	18.5-24.9	129 mg/dL and under	119 and under	Under 5.7	
\$100	17.5-18.4				

Low Risk Moderate Risk High Risk Very High Risk

Learn more about A-HIP and sign-up for a screening at the [US Wellness website](#).

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 Nutrition Manager or Wellbeing Manager.



Click [here](#) to learn more about supportive wellness services and [here](#) for nutrition counseling information.

FREE Telephonic Health Coaching Available to Associates on Montefiore's Wellness Portal!



Are you looking for advice and guidance 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 learn more and view the flyer click [here](#).

Healthy Pick: The Bronx Salad

From the kitchen of Chef King Phojanakong comes The Bronx Salad, a tasty and refreshing meal that includes ingredients as diverse as the Bronx community!

Click [here](#) to view the recipe! With black olives, plantain chips, mango and avocado it's sure to be a hit!

Be sure to email us at ToYourHealth@montefiore.org with a photo of The Bronx Salad your and 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	WW	Supportive Wellness Services	Employee Assistance Program / Members Assistance Program (1199SEIU)
Montefiore Mile	Diabetes Prevention Programs	Unwind with Guided Relaxation Tracks Call: 718-920-CALM	
		Supporting Healthy Relationships Workshops	
		Parenting Group Program	

In each 2018 newsletter we'll profile a To Your Health! partner, in this issue we profile Montefiore's Occupational Health Services (OHS):

Montefiore's Occupational Health Services (OHS) provides services to Montefiore associates including, but not limited to:

- Pre-placement physicals
- Non-emergency care for an associate who becomes ill while at work
- Assessment for fitness for duty on employment, annually, or for cause
- Annual assessments, including OSHA mandated assessments
- Traveling compliance
- Immunizations, including flu vaccination.

Occupational Health Services are available at the Moses, Wakefield and Einstein campuses. See below for each office's contact information:

Moses	Wakefield	Einstein
57 East Gun Hill Road Tel#: 718.920.5406 Fax#: 718.920.2435	600 East 233rd Street 5th Floor Tel#: 718.920.9174 Fax#: 718.920.9069	1180 Morris Park Avenue 1st Floor Tel#: 347.498.2401 Fax#: 718.792.1076
