

## Sign Up to Become a Wellness Champion

### *What is a Wellness Champion?*

A Wellness Champion serves as a resource to their colleagues for all To Your Health! programs and events but also as a health activist engaging and encouraging other associates to work towards wellness!

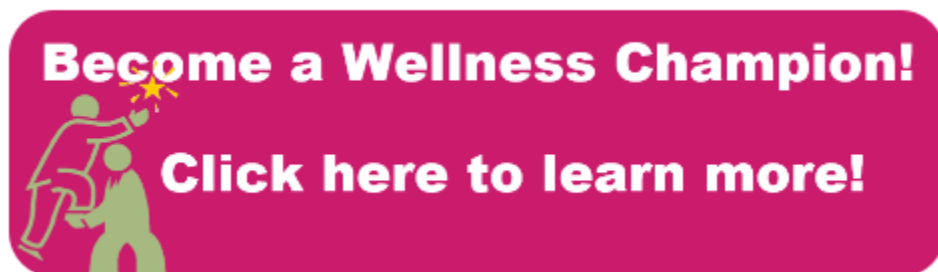
### *What are some perks to becoming a Wellness Champion?*

- An incentive package with To Your Health! promotional items.
- Public recognition through various To Your Health! promotional tools
- A chance to earn The To Your Health! Wellness Champion Award
- Invitation to Annual Wellness Champion Awards Luncheon



### *How to Sign Up:*

1. Visit [www.toyourhealth.montefiore.org](http://www.toyourhealth.montefiore.org) and log-in (if you have not visited the portal before you will be asked to register)
2. Look for the Wellness Champions Widget. (See below)



- 3) Sign up to become a Wellness Champion!