



Life@ Montefiore
Human Resources

Feel **EMPOWERED**
with tools and
resources to help
you on your journey
to wellness

Weight Management Resources & Benefits

Explore the tools, benefits and support available through **HealthyME**—designed to help you work toward a healthy weight in a way that fits your life, so you can do more of what matters most to you.

Support That Meets You Where You Are

HealthyME offers personalized and group-based resources to support your weight management goals.



Nutrition Consultations

Free, confidential one-on-one support with a Registered Dietitian (English and Spanish available).



Weight Management Peer Support Group

A guided, supportive group experience focused on building sustainable, healthy habits.

Eligible employees taking GLP-1 medications may also receive support through the **Omada® Virtual Health Program**.

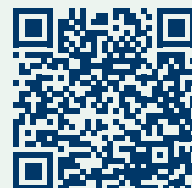
Scan the QR code to explore these resources.



Support for Staying Active

Whether you prefer gentle movement like yoga or the motivation of a fitness center, **HealthyME** offers resources like **Guided Yoga Videos** and **Fitness Center Discounts** to help you stay active in ways that feel right for you.

Scan the QR code to explore your options.



To schedule an appointment or learn more, please email WellnessRD@Montefiore.org.



Scan the QR code to register for upcoming **HealthyME** workshops and events. For more information about our health & well-being benefits, visit HealthyMEBenefits.com.

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