

# Weight Management Resources & Benefits for Montefiore Employees

Explore the many tools, benefits, and support that **Healthy me!** Associate Health & Well-being offers that can help you achieve your healthy weight goals so you can do more of what matters to you!

## Nutrition Consultations



Free and confidential one-on-one appointments with our Associate Health & Well-being Registered Dietitian (available in English & Spanish)

## Guided Yoga Videos



A regular yoga practice can support your physical and emotional well-being, as well as your weight management goals. Associate Health & Well-being has curated a selection of guided yoga videos for individual and team use.

## Fitness Center Discounts



Get moving with exclusive discounted memberships for fitness facilities in the tri-state area. Available to all Montefiore employees.

## Sharecare



Our digital platform and app that helps you take greater charge of your well-being through free access to health coaches, step and nutrition challenges, personalized goals and resources, habit tracking, fitness and stress relief videos and more.



## Weight Management Peer Support Group

This group will help you create a lifestyle that supports your unique journey towards achieving a healthy weight and healthy lifestyle goals! Led by our Associate Health & Well-being Registered Dietitian.

Contact [WellnessRD@montefiore.org](mailto:WellnessRD@montefiore.org) to learn more.

## Omada Virtual Health Program

Employees currently taking GLP-1 medications for weight loss and also enrolled in a Montefiore health plan will participate in the Omada Virtual Health Program. This virtual lifestyle management program provides comprehensive and multidisciplinary support that can assist you in creating long-lasting results by combining your GLP-1 medication with lifestyle and behavioral changes

Contact [WellnessRD@montefiore.org](mailto:WellnessRD@montefiore.org) with any questions.

To schedule an appointment, please email your Associate Health & Well-being Manager and Registered Dietitian at [WellnessRD@montefiore.org](mailto:WellnessRD@montefiore.org)

For more information or questions, please visit the Employee Center at <https://montefiore.service-now.com/esc>.