

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

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