The Wellness Program at White Plains Hospital provides hospital employees with the support, programs and resources to help them take better care of themselves. The hospital is committed to promoting and supporting programs to help improve your health and quality of life to benefit you and your family.

Through offered core wellness programs in the areas of physical activity, nutrition, education and awareness and prevention, and working in partnership with professional, independent health and wellness vendors, employees can “get connected” and take advantage of any of the wellness programs and services that are offered.

So why not check out the programs and services that are available at White Plains Hospital and join in our commitment to wellness! Take control of your health and “Be Your Best Self!”

Physical Activity - Employees can take advantage of programs that focus on reducing obesity and associated co-morbidities.

- ExSteptional Challenge
- Weekly Wellness Walks
- Employee Recognition Events
- Wellbeats Virtual Exercise Classes
- Health Club Discounts
- Recreation Teams and Clubs
- Community Outreach Events

Nutrition - Learn how to make simple, mindful food choices as part of your daily diet by selecting foods that are nutritious and delicious.

- Healthy Choice Rewards
- “Did You Know ….” nutrition information
- Weight Watchers At Work
- Healthy Vending selections
- Cafeteria Cooking Demonstrations
- Field Goods Program
- Healthy Catering Options

Education & Awareness - Available educational resources will help employees learn more about how to make positive changes in their health. Knowledge is Power!

- Health and Wellness Seminars
- Individualized Wellness Coaching
- Wellness Program Newsletter
- Wellness Update e-mails
- Wellness Fair
- Tobacco Cessation Program
- Wellness Innovation Committee
- My Work Life Solution

Prevention - Participation in preventative screening services will help employees “know their numbers” so that they can take early action to minimize problems.

- Wellness Coaching
- Well Being Assessment
- Blood Pressure Screening
- Colorectal Screening
- PSA Screening
- Mammography Screening
- Lung Screening
- Pap Screening

With the programs and resources that are available to you, there is no time better than now to get “wellness connected” so you can either begin or continue to take better care of yourself! Come join the fun!

For questions or more information, contact Wellness Program Coordinator Frank J. LoCastro at flocastro1@wphospital.org or at (914) 681-2539.
Weight Watchers At Work

Looking to lose weight with help, advice and support? Join the WPH Weight Watchers At Work Program. Meetings are held on Wednesdays at the Cancer Center in the first floor Patient Library. For more information, contact Danielle at ext. 2703, Kathy at ext.1075, or Frank at ext. 2539.

Health Club Discounts

All WPH employees can take advantage of special discounts and offerings at several local health clubs. and on the GlobalFit Gym Network (available only to employees enrolled in the WPH insurance plan). For questions, more details and current information about discounts, please call the club contacts listed below.

- **Equinox (Scarsdale, NY; multiple locations)**
  Contact: Gerald Conlon at gerald.conlon@equinox.com or at (914) 219-1601

- **White Plains YMCA (White Plains, NY)**
  Contact: Marko Morales at mmorales@ymca-cnw.org or at (914) 949-8030 x218

- **New York Sports Club (White Plains, NY; multiple locations)**
  Contact: Glenn Dickstein at glenn.dickstein@tsiclubs.com or at (914) 428-2020 x 25141

- **CrossFit (Mamaroneck, NY)**
  Contact: Megan Vizzari at crossfittheflats@gmail.com or at (914) 548-8854

- **SoulCycle (Rye Ridge, NY; multiple locations)**
  Contact: Amanda Mickatavage at amanda.mickatavage@soul-cycle.com or at (914) 713-1201

- **Orange Theory Fitness (White Plains, NY)**
  Contact: Paul Blanchard at pblanchard@orangetheoryfitness.com or at (914) 729-0996

- **24 Hour Fitness (Multiple locations)**
  Contact: Yvonne Armandariz at yarmendariz@24hourfit.com or at (760) 918-4564

- **Total Fusion Studios (Harrison, NY)**
  Contact: Antoinette Montesano at antoinette@totalfusionstudios.com or at (914) 315-1360

- **Westchester Fit (White Plains, NY)**
  Contact: Alex Rivera at alex@crossfitwestchester.com or at (914) 684-5464

- **Stretchlab (White Plains, NY, Multiple locations)**
  Contact: Maxwell Ennist at whiteplains@stretchlab.com or at (914) 400-2004

- **Elements Massage (White Plains, NY)**
  Contact: Ed Lachterman at whiteplains@elementsmassage.com or at (914) 479-5072

- **Prana Prenatal Yoga (Port Chester, NY)**
  Contact: Dee Yergo at emailing info@pranaprenatalyoga.com or at (914) 575-2069

Wellbeats Virtual Exercise Classes

The Wellbeats program provides a solution to help you become your best self. There are over 350 Free classes that you can take - anywhere, anytime! You can use your mobile device, tablet, computer or Smart TV. Wellbeats offers a variety of classes ranging from quick stretching exercises to 60-minute intense, full-body workouts. There are workouts for every interest, including yoga, bar, kickboxing, circuits, kettle, strength training, cycling, and everything in between. Instructors will motivate and guide you through the fun, energizing workouts. Details on how to register are available on the Wellness Connection website.

Go to [www.wellbeats.com](http://www.wellbeats.com), click on Login, then select 2.0 portal. Click on “Register via Activation Code” and enter 08a8ae49 to register.

Tobacco Cessation Program

This program is offered to staff, patients, family members, and community members at no charge. The program includes unlimited counseling sessions, nicotine replacement supplies and behavioral modification therapy. Successful completion of this program will remove the WPH tobacco surcharge. Classes are scheduled on an as needed basis. For more information, contact Lyn Harper, Director, Respiratory Care at lharper@wphospital.org.
My Work Life Solution Program

WPH has created the My Work Life Solution Program to offer free services to WPH employees and their families - available 24/7, anytime and any day that you may need it. This confidential program offers everyday convenience and support services to help you both where you work and live to make life easier you or your family.

Available services include: qualified referrals and resources for just about anything on your to-do list, help for you and your family with emotional support issues, practical assistance with your most pressing legal issues, assistance with a wide range of financial issues, online support, and more ...

Just call the dedicated WPH My Work Life Solution toll-free number at (844) 425-3652 and identify yourself as an employee, or as an employee's family or household member. Or, if you prefer, log on at guidanceresources.com (Organization Web ID: WPH).

Wellness Coaching

Any employee on the WPH health plan (Empire Blue Cross/Blue Shield) is eligible to sign up for a personal and confidential, face to face Wellness Coaching session with an independent wellness coaching consultant. The initial wellness coaching session will take about 40 minutes and each quarterly session will take about 15-20 minutes to complete. You will receive a personalized report outlining your health risks and your goals to help you make positive lifestyle changes. Your appointment can be scheduled online at https://wphwellbeingcoaches.as.me/. Join the staff who have already gone through the coaching to learn more about their health! More Wellness Coaching details are available on the Wellness Connection website.

Well Being Assessment

White Plains Hospital is committed to providing, promoting and supporting prevention and healthy living wellness programs. The goal of the WPH Wellness Program is to help improve your health and quality of life to benefit you and your family.

An important component of this program is to help you to find out more about yourself by completing an individualized risk assessment. This confidential assessment will give you a score and a snapshot of your health that will give you an idea of where potential opportunities for change and improvement can be made. An independent Wellness Coach can help you meet your personal goals and objectives to help lower your risk and help you live a healthier, more productive lifestyle.

As we continue to grow the Wellness Program at WPH, this assessment will continue to be one of the important components that will be offered to help you “know your numbers” so you can make informed choices about what you can do to get or stay healthy. For more information, contact Frank J. LoCastro at flocastro1@wphospital.org or at extension 2539.

WPH Employee Recognition

WPH appreciates all that employees do throughout the year to make the hospital “Exceptional” every day. As a way of recognizing that hard work, events are scheduled throughout the year to provide employees and their immediate family with organized group outings and events that offer staff an opportunity to get together and have fun while participating in activities such as an annual BBQ, a baseball outing and bowling and ice skating events.

Watch for details throughout the year. For more information, please contact Frank J. LoCastro at flocastro1@wphospital.org or at extension 2539.
The success of White Plains Hospital will rely on our investment in keeping our employees healthy and productive. This action will assist us to manage potential health risks and conditions and reduce medical, pharmacy and absence management on and off the job.

This preventative strategy of cost containment and risk avoidance helps drive our “culture of wellness,” and results in a more satisfying best in class work and life experience for our employees and the patients that they provide care for.

To make your wellness connection, go to the WPH intranet, check the monthly Wellness Newsletter or check your e-mail for Wellness Program Updates!

For more information, contact:
Frank J. LoCastro
Wellness Program Coordinator
(914) 681-2539
flocastro1@wphospital.org