



ELLIS MEDICINE

Helping me be a  
**HEALTHY MEE**

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for more information

### What is the Healthy MEE Mind, Body & Spirit Award (MBS Award)?

The Healthy *MEE Mind, Body & Spirit Award* is presented to an Ellis Employee who chooses to make lifestyle changes and exemplifies wellbeing.

Wellbeing encompasses the body and the mind and is a result of deliberate action.

### Nominations will be accepted on the criteria of:

- A lifestyle change lasting 3 or more months (*examples include smoking cessation, change in eating habits, new exercise routine, efforts in stress reduction etc.*)
- An observable improvement of the wellbeing of the employee and therefore the organization

### Nominee Information

Name \_\_\_\_\_

Campus \_\_\_\_\_

Department \_\_\_\_\_ Email \_\_\_\_\_

Position \_\_\_\_\_

Phone \_\_\_\_\_ Today's Date \_\_\_\_\_

### Nominator Information

Name \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Please provide a brief narrative as to how this individual demonstrates an exceptional lasting lifestyle change that has had a positive change on their wellbeing and overall health (required).

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**Upon Completion – Submit to:** [wellness@ellismedicine.org](mailto:wellness@ellismedicine.org)  
or **Fax to:** Confidential HR, 518.382.2153  
or **Interoffice to:** Confidential HR, mail code 3951  
Attn: Heather Kes

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