



ELLIS MEDICINE

Helping me be a
HEALTHY MEE

KNOW YOUR NUMBERS

ONSITE WELLNESS SCREENING

REGISTER ONLINE TODAY

Keeping track of your numbers for blood pressure, A1C, total cholesterol, and BMI can provide a glimpse of your health status and risk for certain diseases and conditions.

No fasting is required. All it takes is 15 minutes and a finger stick!

Attend a wellness screening and be entered to win! You will be entered to win one of two raffle prizes with a \$150 value each!

If you register online for your screening, your chances of winning will be **doubled!**

Know Your Numbers is:

- For ALL employees
- A qualifying Healthy MEE Activity
- Free, confidential, and only 15 minutes!
- A screening that provides you with immediate results

Be sure to register online at ellismedicine.wpvinc.com

or call (585) 568-8340 between 10am - 4pm.

You can register online on your smartphone for convenience!

Limited walk-ins will be permitted this year.

Know Your Numbers screenings are:

Date: Monday, September 19

Time: 7am - 2pm

Location: Ellis Hospital | Graham Aud.

Date: Tuesday, September 20

Time: 9am - 2pm

Location: MSHC | Robb Aud.



QUALIFYING
HEALTHY MEE
ACTIVITY

If you have MVP Insurance, please try to remember to bring your card.

If you have any questions, please email us at wellness@ellismedicine.org