

*Countdown to 10/31/2023



Upcoming Healthy ME Qualifying Activities

Save up to %15 on Ellis Health Insurance premiums in 2024.

Log into www.p4g.app/Ellis to register and track activity on Passport For Good (P4G). All activities due by **10/31/2023**.

Q2 Q2-ongoing monthly EAP and VALIC Webinars, MVP Living Well Programs

June

June 13 | 12:30 -1:00 pm- FOR-NY
Presentation –Addiction Recovery
Resources register with QR code
Jump Into June Group Exercise
Challenge (Ellis Fitness)



Q3 Q3-ongoing monthly EAP and VALIC Webinars, MVP Living Well Programs

July

Drink 8 to Hydrate Challenge

August

Ellis Night Out With the ValleyCats

September

Orchard Days

Q4 Q4-ongoing monthly EAP and VALIC Webinars, MVP Living Well Programs

September

Get To Know Your Coworker Challenge

October

Walking Challenge

Narcan Training

*Events subject to change. You can also receive credit on P4G for non-Healthy ME sponsored activities. Visit ellishealthyme.org for details