



Know Your Numbers

Wellness Screenings | April 17, 21, and 29

Keeping track of your numbers for blood pressure, blood sugar, cholesterol, and body mass index (BMI) can provide a glimpse of your health status and risks for certain diseases and conditions.

All it takes is 15 minutes and a finger stick to participate! **No fasting is required, and the screening is FREE and open to ALL Ellis Medicine employees, regardless of insurance!** Inbody screening opt-in is also returning. **If you don't have MVP insurance, leave insurance information blank on registration.**



Screening location, date and time:

Bellevue Woman's Center

Friday, April 17 | 7-11:00 AM
MVP Room 1

MVP Building (625 State St.)

Tuesday, April 21 | 9 AM -12 PM
Lobby (if you don't work in building but register for this location, please email shebert@mvphealthcare.com)



Nott St. Hospital

Wednesday, April 29 | 7 AM - 3:30 PM
Graham Auditorium

Register with this link [Ellis Medicine 2026 Wellness Screenings](#) or scan the QR code to reserve your spot!

MVP members, please register with your insurance card / bring to appointment.

**Screenings are completely confidential, performed by a 3rd party vendor. No personal data is shared with MVP or Ellis Medicine.