

Your Passport Guide

The Healthy ME Passport is a tool to assist ALL Ellis Medicine employees achieve annual wellness goals.

Healthy ME Wellness Program

Ellis Medicine wants employees and their families to enjoy happier, healthier and more productive lives.

We encourage all employees to participate in the 2026 Healthy ME Wellness Program. Healthy ME is committed to helping you achieve your best health.

Healthy ME Passport Participation

Employees who complete all seven metrics may qualify for a \$30 dollar monthly premium discount on their Ellis health insurance rates in 2026. Bargaining unit Employees, please refer to the CBA.

All employees regardless of participation in our health insurance may complete the Passport to be entered to win prizes.

PASSPORT METRICS:

1. Preventive Physical Exam
Complete by 11/1/24 to 10/31/26
2. MVP Power of Vitality Health Assessment
3. Tobacco-Free Attestation
4. Physical Wellness Activity
5. Nutritional Wellness Activity
6. Financial Wellness Activity
7. Social/Mind/Spirit Wellness Activity

NOTE: Influenza vaccine is no longer a passport requirement

Complete Your Healthy ME Passport

Passports must be completed by 10/31/26:

HOW TO ACCESS YOUR 2026 HEALTHY ME PASSPORT!

1. Go to www.p4g.app/ellis
2. Enter your Ellis email address
3. Password is your Birth Month, Birth Day & Last Name (no capitals or spaces) ie: 0131smith

NO LATER THAN OCTOBER 31, 2026.

To find out more about Healthy ME

- Follow us at ellishealthyme.org to receive email notifications of Healthy ME Activities, Wellness Tips & Educational Material.
- Enter & track your progress at www.p4g.app/ellis
- Check the Healthy ME Newsletter & Calendar each month

If you think you might be unable to meet a metric for a reward under the wellness program, you might qualify for an opportunity to earn the same reward by different means.

Contact wellness@ellismedicine.org and we will work with you (and if you wish, with your doctor) to find a wellness activity with the same reward that is right for you in light of your health status.

Wellness Activity Requirements

COMPLETE 4 WELLNESS ACTIVITIES

To assist in the recognition of the many Wellness Activities, they are divided into four (4) categories of wellness. Healthy ME Passport completion requires that at least one activity is accomplished in each of the four (4) categories. Completed activities cannot be used for multiple categories.

This is not a complete list, but provides examples of possible wellness activities:

1. PHYSICAL WELLNESS ACTIVITY

Ellis Healthy ME Activities that support this goal include Annual Walking and Month in Motion Challenges, Know Your Numbers Biometric Screenings and Ellis sponsored Walks/Runs. Other activities include regular attendance at fitness classes, gym or yoga, MVP Care Advantage programs, team sport or league participation or family activities which promote physical well-being for yourself and your family.

2. NUTRITIONAL WELLNESS ACTIVITY

Ellis Healthy ME Activities that support this goal include EAP Workshops (i.e. Eating Healthy on a Budget, Healthy Lunch Box), Drink 8 to Hydrate Challenge and Diabetes Prevention Program. MVP Care Advantage Programs focused on Nutrition, Weight Watchers or equivalent regular participation, nutrition consultations with a Registered Dietitian.

3. FINANCIAL WELLNESS ACTIVITY

There are many different Financial Activities some suggestions that we support are VALIC/Corebridge & Broadview Financial Webinars, Healthy ME sponsored financial challenges, VALIC/Corebridge counseling/ evaluations, or achieving a monthly savings/budget goal.

4. SOCIAL/MIND/SPIRIT WELLNESS ACTIVITY

Ellis Healthy ME Activities that support this goal include Integrative Therapies & Meditations, EAP Workshops (i.e. Anxiety Free, Understanding Stress), blood drive, MVP Care Advantage Programs, The Gratitude Challenge, regular attendance at Yoga, Massage Therapy, Meditation, or Volunteering.

If you have questions about what category a Wellness Activity falls under, please email wellness@ellismedicine.org.

Look for this logo for workplace opportunities



Sponsored Activities

Be on the lookout for announcements of exciting monthly challenges and activities from the Wellness Team to help you take your wellness further! Learn more on our Healthy ME website! Go to www.ellishealthyme.org and follow us to receive emails of upcoming events and activities!

Need Help?

Have a question about the wellness program? Not sure why your entry hasn't been approved? Contact the Wellness Team at wellness@ellismedicine.org
Having issues with P4G? Getting an odd error?
Email P4G support at support@passportforgood.com

YOUR HEALTHY ME PASSPORT

Complete Your Passport Online NO LATER THAN 10/31/26

Passport: www.p4g.app/ellis | Email: wellness@ellismedicine.org | Website: ellishealthyme.org

Introducing P4G!

Passport For Good (P4G) provides employees the ability to easily enter and manage their 2026 Healthy ME Passport. P4G is a mobile friendly web-based platform focused on providing participants with visibility into real-time wellness milestones.

With P4G you are able to:

- Access your Healthy ME Passport anywhere, any time, on any device!
- Quickly enter and monitor your activities with streamlined approval and feedback
- Track your progress towards meeting the 2026 Passport goals
- Easily sign up for Ellis sponsored activities to take your wellness further!

How to access your 2026 Healthy ME Passport!

- Scan the QR code at right

OR

- Go to www.p4g.app/Ellis
 1. Enter your Ellis email address
 2. Password is your Birth Month, Birth Day & Last Name (no capitals or spaces) i.e. 0131smith



PROBLEMS GETTING IN?

Email wellness@ellismedicine.org for help.

Ready to start?

Here's what you'll see when you login:

MY DASHBOARD – Your "one stop shop" for viewing passport progress, entry status and a list of upcoming activities and events.

Approval of each metric will have a stamp of completion (see below) for your passport.

MY CALENDAR – Calendar view of upcoming events to sign up for and past events to log your Healthy ME Activities.

MY ACCOUNT – View and update your personal information including email address and password. Make sure to add a profile picture while you are there!

PASSPORT COMPLETION STAMPS



Preventive Physical Exam



MVP Personal Health Assessment



Tobacco-Free Attestation



Physical Wellness Activity



Nutritional Wellness Activity



Financial Wellness Activity



Social/Mind/Spirit Wellness Activity

MVP Power of Vitality Health Assessment

This is NOT the same as the Ellis Annual Health Assessment

MVP MEMBER INSTRUCTIONS

1. Sign in to Gia online at my.mvphealthcare.com.
2. Select Well-Being in your dashboard.
3. Scroll to "Unlock Your Health Potential with Vitality."
4. Select "Let's Go!" - This will bring you to the Power of Vitality website.
5. Read and accept the Terms and Conditions.
6. On the right side of the homepage, find "Earn Points."
7. Select "Assessments" and find the Health Assessment.
8. Take the Health Assessment.

Please note, there is no printable certificate, but reporting will be provided frequently to Ellis and Passport 4 Good

NON-MVP MEMBER INSTRUCTIONS

1. Visit Gia at my.mvphealthcare.com.
2. If you do not already have a Gia non-member account, select Register Now, then Employer Sponsored Wellness Program. You will need a valid email address and your designated Group ID# 211010.
3. It may take up to 48 hours to have access to the Power of Vitality website. After 48 hours, sign into Gia and follow the instructions for members above.



Issues signing into Gia? Call MVP eSupport at 1.888.656.5695,

For any questions about using the Vitality platform, please contact a

Vitality Customer Care Representative at 1.877.224.7117, M-F, 8 a.m. - 5 p.m. (CT) or email wellness@powerofvitality.com



ELLIS MEDICINE
Helping me be a
HEALTHY ME

Updated 2.2026