

WELLNESS NEWSLETTER | August 2026



ELLIS MEDICINE
Helping me be a
HEALTHY ME

A monthly communication for all Ellis Medicine employees.

2026 Wellness Passports are Due October 31

Save \$30 per month on Ellis/MVP insurance premiums-Bargaining unit employees should reference the CBA. Visit our Passport Tab on <https://ellishealthyme.org/passport/>

Drink 8 to Hydrate Challenge | August 3 - 30

Drink 8 to Hydrate is a 4-week hydration challenge, designed to encourage you to drink at least eight glasses of water per day. This challenge is open to all employees and counts toward Nutritional Activity Credit on your 2026 Wellness Passport!

The challenge will run for 4 weeks: **August 3–August 30. Each week you will be emailed hydration educational information and a reminder to check in on Passport 4 Good.** In addition to improved energy, clearer skin, and better focus, **several randomly selected participants that complete the challenge will be entered to win raffle prizes compliments of Healthy ME, including:**

- Epicwater filtration pitcher with replacement filter
- Epicwater bottle filter and compatible YETI Yonder water bottle
- Hydration vest
- Hot/Cold water pitcher with fruit infuser compartment
- YETI soft pack cooler
- Lifestraw-for clean water anywhere, even in an emergency

Impact statements from past Drink 8 Challenge participants:

- "I feel more energized and hydrated"
- "Helped me cut out soft drinks"
- "Helped me learn the benefits of being hydrated."
- "Mood increased, more alert, and more energy."



Register today on Passport 4 Good with this [LINK](#) or scan our QR code!

Join Healthy ME at the Joe!

Thursday, August 27 • 6:30 PM ValleyCats vs. Down East Bird Dogs

Fireworks Show to Follow!

- Tickets cost \$3 each via payroll deduction.
- Request up to 5 tickets, each preloaded with \$5 for concession use.
- Pick up tickets on game night at the Joe Bruno Stadium **Will Call Booth** — 80 Vandenburg Avenue, Troy, NY 12180.

Order your tickets today!

forms.cloud.microsoft/r/mcjkKur5NJ

or scan the QR code →





| **FREE Summer Health Fair**

August 2026

Sponsored in part by Ellis Medicine, MVP, Sch'dy Co., CDPHP, Upper Union St., SPHP

WHEN? AUGUST 17, 2026 | 3PM-6PM

WHERE? SCHENECTADY ARMORY | 125 WASHINGTON AVE

Join us for a free Summer Health Fair focused on family health, wellness, and community connections.

Featuring:

FREE health screenings
Kids' activities
Cooking demonstrations
Community resources
Giveaways
....And more!!

Free Kid's Back
Packs Giveaway!

Follow Healthy ME Online & Win!

This month's winner: **Diane Cross**

Two Steps: Go to ellishealthyme.org, enter your email address (Ellis email is preferred but not necessary) where it says "Follow" then "confirm follow" from the email confirmation that is sent to you. You will be entered to win prizes and receive Healthy ME related communications. **It's mobile friendly!**

MVP Living Well Programs FREE and Open to ALL!

Visit <https://www.mvphealthcare.com/members/resources/health-wellness/healthy-lifestyle> to see all programs and select registration. All LWP are open to members and non-members and are qualifying wellness activities for the 2026 Wellness Passport on Passport 4 Good!

Reminder- MVP Health Care sponsors FREE Meditation and Yoga at the Harbor kicked off last weekend, June 7, in partnership with Inner Bliss! **The free classes will run through September 27 (8:30 AM meditation, 9-10 AM yoga) Register with Inner Bliss [HERE](#).**

More Summer Highlights

Canal Days Guided Walking Tour: Schenectady County Historical Society guided 1-mile walking tour through the beautiful Stockade Historic District.
Thursday, August 13, 6-7:30pm

<https://www.mvphealthcare.com/about/events/living-well/canal-days-historical-walking-tour-2623>

Know Your Lemons Breast Health: Learn about breast health and early detection.
Tuesday, August 4, 12-1pm

<https://www.mvphealthcare.com/about/events/living-well/know-your-lemons--breast-health-class-2579>



EAP and Financial Webinars:

EAP Registration Provides 24-hour post-webinar content access and P4G credit!

QUALIFYING
HEALTHY ME
ACTIVITY

EAP: General Benefits Review

Aug 6 | 12-1 PM

Learn about the wide range of free and confidential Employee Assistance Program benefits available to you, including counseling, mental health resources, wellness tools, and more. .

Register at:

https://us02web.zoom.us/webinar/register/WN_Wb-3yJBpQfC2c1Rb-m1UJA

Broadview FCU: Understanding and Managing Credit

Aug 11 | 12-1 PM

Join us and learn about:

Credit scores and credit reports

- Tips for obtaining credit and improving it
- How to manage credit responsibly

Register at:

https://broadviewfcu.zoom.us/webinar/register/WN_ANVsVNoqS5Ses5VdM3ugsw#/registration

EAP: Time Management

Aug 11 | 12-1 PM

Key concepts include time management, positive affirmations, the 3-Tests of Time, short and long-term planning aids, how to organize, etc.

Register at:

https://us02web.zoom.us/webinar/register/WN_1ewjExwuRkubOqg06GbZBw

Paying for Higher Education:

Aug 17 | 5-6 PM

Join our knowledgeable experts from the College Bound team for a virtual panel discussion of common questions relating to paying for college. Explore tactics for applying to schools to maximize appeal opportunities and aid.

Register at:

https://broadviewfcu.zoom.us/webinar/register/WN_p1JuVvR0SOyt_7tcL5IV9A#/registration

EAP: Desk Detox

Aug 19 | 12-1 PM

Delve into the art of mindful breathing techniques, simple stretches, and a guided flow that incorporates breathwork and stretching poses with the chair as a supportive tool for balance

Register at:

https://us02web.zoom.us/webinar/register/WN_znTfmlqCQ_21DAyGaPUVHA#/registration



Upcoming Healthy ME Events

Jet Dental Clinic | September
Walking Challenge | Fall