

WELLNESS NEWSLETTER | October 2026



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.

ALL resources and instructions can be found here <https://ellishealthyme.org/passport/>

The seven Wellness Passport metrics include:

- 1. Preventive physical exam between 11/1/2024 and 10/31/2026** – If your exam was completed while on MVP insurance, it will automatically update in Passport 4 Good. If your exam was completed while on another insurance plan, you will have to upload a screen shot of the EOB, claim or any other dated verification into P4G. *Please note an exam by Ellis Works doesn't count as a preventive physical.*
- 2. MVP Health Assessment** – New this year MVP's PHA has been replaced with Vitality's Health Assessment. See instructions on how to complete the assessment [HERE](#). If you completed the MVP PHA between 11/1/2025 and 12/31/2025 you **do not** need to complete the Health Assessment in 2026.
- 3. Tobacco Cessation Attestation** – Tobacco Free or participation in cessation program
- 4. 4-7 Wellness Activity Credit** – Participate in Healthy ME sponsored activities or tell us about your personal wellness activities in each of the 4 categories. Find options to complete on your own time in our [DIY Healthy ME](#) list!
 - Physical
 - Nutritional
 - Social Mind Spirit
 - Financial

To access your Wellness Passport on Passport 4 Good:

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) For example: 0131smith. **UNLESS** Previously Changed by employee

Passport Assistance Schedule

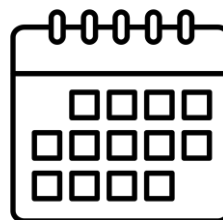
Looking for help completing your Passport on Passport 4 Good (P4G), getting online to take your MVP Vitality Health Assessment (HA), or need a question answered? Drop in for help at these locations or make an appointment by emailing wellness@ellismedicine.org.

Nott St. Cafeteria-Dining Room 1 & 2

- Wednesday, Oct 7 | 11:30 AM – 1:00 PM
- Tuesday, Oct. 13 | 2:30 – 4:00 PM
- Friday, Oct. 23 | 9:00 – 10:30 AM
- Wednesday, Oct. 28 | 11:30 AM – 1:00 PM

Bellevue Woman's Center Cafeteria

- Wednesday, Oct. 14 | 12:00 – 1:00 PM
- Tuesday, Oct. 27 | 2:30 – 4:00 PM



EAP and Financial Webinars:

EAP Registration Provides 48-hour post-webinar content access and P4G credit!

EAP: Effective Listening

Oct. 1 | 12-1 PM

This training will heighten awareness of how people use their listening skills. It will introduce participants to various types of listening, the anatomy of effective listening, and increase awareness of their unique listening style

Register at:

https://us02web.zoom.us/webinar/register/WN_huHJ3WJLSNqAQh_CUJZDig#/registration

EAP: Talk Saves Lives

Oct. 9 | 12-1 PM

Participants will learn about factors that can increase or decrease suicide risk, how different communities may be impacted, and strategies that promote mental health, resilience, and proactive self care. The training will also provide guidance on recognizing warning signs, starting a conversation with someone who may be struggling, and knowing how to seek or offer support and connect individuals with crisis resources.

Register at:

https://us02web.zoom.us/webinar/register/WN_6kn_UAwBhQcC3WQOI73n2OQ#/registration

EAP: Sexual Harassment Prevention

Oct. 27 | 12-1 PM

Harassment includes repeated and intentional behaviors intended to degrade, humiliate, embarrass, or otherwise undermine an employee's performance. It can come from colleagues, supervisors, or management. This session is an introduction to sexual harassment, including the definition of what constitutes sexual harassment and discrimination, the responsibilities of managers and supervisors in maintaining a harassment-free workplace, and a review of relevant organization policies and procedures.

Register at:

https://us02web.zoom.us/webinar/register/WN_S_cd_w-_uT7Sb2B8upFZBiA#/registration

Fidelity Investments: Women Talk Money Webinar: Get more from your benefits

Oct. 14 and 28 | 2-2:45 PM

Wherever you're starting from, a strong financial foundation can help you hit the ground running. Fidelity's Randelle Lenoir and Alexandra Roca join Olympic Bronze Medalist and team USA Rugby Athlete, Ilona Maher, to discuss building money habits and laying the groundwork for your goals

Register at

<https://fidelityevents.com/wtm-benefits>

BFCU: Understanding Credit

Oct. 14 | 5-6 PM

It can be really gratifying to buy something with a credit card or a loan. Just remember, you're spending your future income (in the form of monthly payments). Once you factor that into your decisions, you're in full control!

Register at:

https://broadviewfcu.zoom.us/webinar/register/WN_HgtYC-dtTf24qsKzPBwKMg#/registration

Broadview FCU: Paying for Higher Education

Oct. 20 | 5-6 PM

Paying for Higher Education: FAFSA Best for parents and high school students Join our knowledgeable experts from the College Bound team for a virtual panel discussion of common questions relating to paying for college. Explore common FAFSA mistakes, question, and outcomes.

Register at:

https://broadviewfcu.zoom.us/webinar/register/WN_W0mpxzceTGuJLIJvJN75XA#/registration

QUALIFYING
HEALTHY ME
ACTIVITY

Follow Healthy ME Online & Win!

This month's winner: **Cheyenne Zullo**

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!**

Pumpkin Bites

Oct. 2026

This Healthy Fall Pumpkin Chili is a fall favorite. It's loaded with healthful ingredients and big bold flavors. Comforting, cozy, and deliciously savory.



Ingredients

- 1 cup Almond Flour
- 3 tablespoons Maple Syrup
- 3 tablespoons Pumpkin Puree
- 1 teaspoon Pumpkin Spice

Instructions

1. Preheat the oven to 350 °F (180 °C). Line a mini-muffin pan with mini paper liners, or line a baking sheet with parchment paper. Grease them using cooking oil spray. Set aside.
2. In a mixing bowl, stir almond flour, pumpkin puree, maple syrup, and pumpkin spice, if used (recommended if you don't coat them with pumpkin spice sugar). Stir until it forms a sticky, firm dough.
3. Roll it into small balls and place it on the prepared baking sheet or tray.
4. Bake the bites for 12-14 minutes at 350 °F (180 °C) until the edges are golden and dry.
5. Let the bites cool down on the tray for 5 minutes, then gently transfer them to a cooling rack. I used a teaspoon to remove them gently from the muffin pan without breaking. They are still a bit soft and firm up as they cool down.
6. Cool them down for 30 minutes and eat them plain or use the optional coating in the next steps.
7. In a small bowl, stir sugar and pumpkin spices.
8. Lightly brush all the sides of a pumpkin bite with maple syrup and roll it into the pumpkin spice sugar. Repeat until all bites are coated.

Nutrition Information per serving (1 bite)

Calories: 77 kcal | Carbohydrates: 10.5g | Protein: 1.5g | Fat: 3.7g
Saturated Fat: .3g Sodium: .6g | Fiber: .8g | Sugar: 8.8g

Source: For cooking notes and more information visit <https://www.theconsciousplantkitchen.com/pumpkin-bites/>

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!

Fall Highlights

Know Your Lemons Breast Health: Learn how to detect breast cancer early and assess your personal risk. **Wed., Oct 14, 12-1 PM** <https://www.mvphealthcare.com/about/events/living-well/know-your-lemons---breast-health-class-2805>

Mostly Sober October: Self-guided, Oct 1-29. Mostly Sober October invites you to explore new ways to connect, unwind, and have fun with less focus on alcohol.
<https://www.mvphealthcare.com/about/events/living-well/mostly-sober-october-challenge-2803>

