



## Not sure if your Healthy ME Passport is complete? Go to: [www.p4g.app/ellis](http://www.p4g.app/ellis) and log into your account.

### Your Goals

Healthy ME Requirements - 2021

57%

All Wellness metrics MUST be completed to qualify.

#### #1 PREVENTATIVE PHYSICAL EXAM BY A PRIMARY CARE PROVIDER (PCP)

(11/1/2020 – 10/31/2022)

The relationship you and your PCP develop is essential to your wellbeing and good health. PCP follow up visits, specialist exams, i.e OB/GYN, Endo or Employee Health Physical will **NOT** satisfy this requirement. Completion of your Preventative Physical Exam will **automatically be provided by MVP within 45-60 days. If you do not see it updated after this timeframe OR do not have Ellis' Health Insurance, please email [wellness@ellismedicine.org](mailto:wellness@ellismedicine.org)**

#### #2 MVP PERSONAL HEALTH ASSESSMENT (MVP PHA)

The MVP PHA will teach you about important health recommendations and assess your lifestyle, health conditions, and preventive health. Your MVP PHA is customized and specific to you to help you be the healthiest you can be.

[Click here](#) to complete the MVP PHA. For detailed instructions, [click here](#).

MVP will notify us of the completion of your MVP PHA. Please allow up to 45 days for your Passport to be updated. If you do not see it updated after this timeframe, please email [wellness@ellismedicine.org](mailto:wellness@ellismedicine.org).

#### #3 Tobacco-Free Attestation

Tobacco is defined as smoking cigarettes, cigars, pipes, chewing/smokeless tobacco, electronic smoking devices, or any other form of tobacco at least once per week.

Non-tobacco users are individuals who have not used tobacco products within the last 90 days. Employees who are not tobacco-free can qualify by simply attending a tobacco cessation program! For more information, [click here](#) or visit NYS Smokers' Quitline at [www.nysmokefree.com](http://www.nysmokefree.com) or call them at 1.866.NY.QUITs.

#### #4 Physical Activity

[+ Add Entry](#)

#### #5 Nutritional Activity

#### #6 Financial Activity

#### #7 Social/Mind/Spirit Activity

[+ Add Entry](#)

- When you log in, you're brought to your **Dashboard**.
- The first thing you'll see on your dashboard is **Your Goals**
- The progress bar at the top will show you how close you are to achieving your Healthy ME Passport Requirements. When complete it will show 100%
- Underneath you'll see all 7 items:
  - If you see a **BLUE STAMP** icon, that means you've completed that requirement.
  - If you see the **GREEN ADD ENTRY** button that means you still need to do that requirement.
- *Please Note: For the Preventative Physical Exam and the MVP PHA there will not be an add entry button, so just look and see if there is or is not a blue stamp icon. If you already completed the MVP PHA and Preventative Physical Exam, please allow up to 45 days to show as complete.*
- In the example shown, the employee has completed #1,3,5, and 6. They still need to complete #2,4, and 7.

