

The Healthy ME Get Smart Financial Challenge! April 8-May 5

Get Smart is a four-week, individual financial well-being program, encouraging you to improve your personal financial knowledge and inspiring you to make changes that can improve your overall financial wellness.

Each week an educational email be sent to your inbox on the following topics:

Week 1: Budgets

Week 3: Credit & Debt

Week 2: Emergency Funds

Week 4: Retirement



Register NOW on P4G!

Select this [Passport 4 Good group link](#) and login with P4G UN and PW

Or scan QR code for direct group link

- Get Smart will be to the right of your page

QUALIFYING
HEALTHY ME
ACTIVITY



FINANCIAL

Prizes include: Magic Wallets, David Ramsey gift cards, and wireless headphones.

Know Your Numbers Screenings Coming in May to 4 Locations!

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 risk 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! Spouses are welcome at all 4 locations.

Registration links/communications coming soon!

BELLEVUE WOMAN'S CENTER	MCCLELLAN CAMPUS	MVP Building (625 State)	ELLIS HOSPITAL NOTT STREET
Wed., May 1 7:30 AM-11:00 AM MVP Room 1	Thurs., May 2 8:30 AM-1:30 PM Robb Auditorium	Thurs., May 9 8:30 AM-1:30 PM Community Room (in lobby)	Fri., May 10 8:30 AM-1:30 PM Graham Auditorium

April is Minority Health Awareness Month



Celebrated every year in April, National Minority Health Month:

- Builds awareness about the disproportionate burden of premature death and illness in people from racial and ethnic minority groups.
- Encourages action through health education, early detection and control of disease complications.

In 1914, Booker T. Washington stated, "Without health, and until we reduce the high death rate, it will be impossible for us to have permanent success in business, in property getting, in acquiring education, or to show other evidences of progress." Soon after, he launched the National Health Improvement Week in 1915, later known as National Negro Health Week (NNHW). In recent times, it evolved into National Minority Health Month.

The National Minority Health Month Foundation strives to close the health disparities gap—the quality of health and health care experience gaps experienced by groups based on their environmental condition, and their social, racial, ethnic, and economic status. These are often caused by income inequalities, as a person with lower income might not be able to seek the same medical care as someone with a higher income. Discrimination also contributes to this by prioritizing one group over another. The environment plays a part as well; people can't eat healthy food if they have no access to it.

Now more than ever, minorities make up a huge part of the U.S. population. Taking their need to access proper health care seriously ensures that they can contribute not just to economic growth, but to enrich the country with their cultural contributions as well.

Find public health data, and publications and tools to support community health education effort. **NIMHD resources** that highlight information relevant to current NIH policies guiding extramural programs, recently published here: <https://www.nimhd.nih.gov/resources/>

<https://www.nps.gov/bowa/booker-t-washington-created-national-negro-health-week.htm>

<https://www.nimhd.nih.gov/programs/edu-training/nmhm/>

Ellis Fitness Hours



Monday through Friday | 6:00 AM – 8:00 PM

Saturday | 8:00 AM – 7:00 PM

Sunday | 8:00 AM – 5:00 PM



Ellis Fitness NEW Member
Registration QR Code

Group Exercise Class Schedule

Tuesdays 5 PM - 6 PM | Small Group Training with Sarah

Wednesdays 5 PM – 5:45 PM | Spring Mix with Stacie

*Spring 15 Challenge through May 31!

*Must be a member to participate. Workout at Ellis Fitness 15 times before May 31 and qualify for awesome raffle prizes!

Sautéed Zucchini, Tomato and Chickpea Ragout

This Simple Cooking with Heart, Italian recipe is a delicious way to get more vegetables and beans into your eating routine.

Makes 6 servings | Nutrition facts:
1 serving = 1/6 of recipe

Calories 273, Saturated fat 0.5g, Total fat 4g
 Cholesterol 0mg, Fiber 10g, Sodium 59mg,
 Carbohydrate 50g, Protein 12g; Sugars 9g



Ingredients

- 2 medium zucchini (chopped)
- OR
- 3 yellow squash (chopped)
- 28 oz. canned, no-salt-added, or low-sodium tomatoes (crushed)
- 6 cups Chickpea Salad with Tomatoes and Cucumber (see related recipes)
- 1 tsp. ground cumin
- 1/4 tsp. ground black pepper
- 3 cup whole-wheat couscous

Source

<https://recipes.heart.org/en/recipes/black-bean-chilaquiles>

Directions

1. Spray a large sauté pan with cooking spray. Add chopped zucchini and cook over medium-high heat. Stirring occasionally with spatula, cook until zucchini are soft, about 5 minutes.
2. Add tomatoes, Chickpea Salad, cumin, and black pepper. Stir and bring to a boil. Once boiling, cover with lid or foil. Reduce heat to low so mixture is simmering. Let ragout simmer 15 minutes.
3. Meanwhile, make couscous according to package directions (omitting the salt and fat).
4. Serve ragout over couscous.

Delta Dental Oral Health and Wellness Education Webinars:

Webinar format workshops for employees and families.

The Whole “Tooth” About a Healthy Smile

The benefits of oral health extend well beyond a healthy smile! This engaging and informative wellness webinar, offered by our partners at Delta Dental, will provide valuable information to help you evaluate your own oral health habits to keep you and your family smiling now and in the future.

May 9 | 3 PM

Register at:

https://deltadentalins.zoom.us/webinar/register/WN_y26lrfX7RD6HBdRBHmeQuw#/registration

MVP Resources:

For Ellis/MVP Members

Remember Gia for urgent care! Access 24/7 virtual care services including urgent care and advice you can trust.

- Connect with 24/7 virtual primary care (Galileo virtual primary care for 18+)
- View new and past claims
- View, order, and print MVP ID card
- See progress toward deductibles and limits

Download the Gia app for your Apple or Android phone!

For Members and nonmembers

MVP Living Well Programs are free and/or discounted for **ALL! Spring 2024 registration is open!**

<https://www.mvphealthcare.com/about/events#event%20month=May%202024&event%20types=Living%20Well>

**In 2024 Gia
virtual services
are available
with \$0 cost
share!**

Financial Wellness Webinars

Webinar format workshops for employees and families

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Corebridge Financial

Tax Planning

April 15 | 12-1 PM

Register at:

<https://my.valic.com/SeminarRegistration/availableSeminars.aspx?csr=Nt8mdlI5PAW8bHN0WR13QvyD3qPEzGMipp+0m52gQjY=&AvlSeats=True>

Broadview FCU Webinar

Home Buying 101

April 17 | 12-1 PM

Become familiar with several elements of home buying, such as: the roles of the real estate agent, home inspector, loan officer, buyer, and seller. Explore the broad impact a home purchase can have on personal finances and identify financial preparation steps needed for success. Tips related to the property, the transaction, and the move, as well as advantages/disadvantages of home buying are covered.

Register at:

https://broadviewfcu.zoom.us/webinar/register/WN_KtpZ-h3DSuuh4rCE_qpptQ#/registration

Find more financial wellness webinars on our Healthy ME website:

<https://ellishealthyme.org/resources/financial-wellness-resources/broadview-fcu-ongoing-webinars/>

Follow Healthy ME Online & Win!

This month's winner: Nicole Malandrucolo

Two Steps: Go to ellishealthyme.org, enter your email 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!**