



# MMHG Health & Wellness Fair

**Tuesday, April 25, 2023, 12:00– 3:05 P.M.**

Welcome to the annual MMHG Health & Wellness virtual benefits event!

- Join us online via Webex as we review our FY24 health, dental, and vision plans.
- Learn how to save money and earn rewards with the MMHG Healthy Consumer programs.
- Attend and receive our [Chair Exercises for Fitness Slide Guide](#).

## How to Participate:

Register by sending an email to [wellness@mmhg.org](mailto:wellness@mmhg.org). Once registered, you'll receive an email with more details and instructions on joining the virtual event. If you have questions call 774-773-9306.

## **SCHEDULE:**

<b><u>Presenter</u></b>	<b><u>Time</u></b>
Blue Cross Blue Shield of MA	12:00-12:30 pm
EyeMed Vision Insurance	12:30-12:40 pm
Harvard Pilgrim Health Care	12:45-1:05 pm
Delta Dental	1:10- 1:25 pm
Learn to Live– Free, confidential online mental health program.	1:30- 1:45 pm
MMHG Wellness	1:50- 2:05 pm
Savory Living– Online healthy eating program	2:10- 2:25 pm
CANARX– Eligible members can receive certain brand named prescriptions with no copay.	2:30- 2:45 pm
Smart Shopper– Earn \$\$ when you shop for high quality lower costs services.	2:50- 3:05 pm

The above times are estimated and start/end times may be sooner or later depending on Q&A or presentation length. We will make every attempt to keep to the times listed above.

RSVP now as space may be limited.

All MMHG Benefit information and programs are available on our website [www.MMHG.org](http://www.MMHG.org)