



# MMHG Health & Wellness Fair

## Wednesday, April 24, 2024

### 1:00– 3:00 P.M.

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

- Join us online via Teams as we review our FY25 health, dental, vision insurance plans and the MMHG Wellness program.
- Answer 5 questions regarding the benefit fair and you will be entered in a raffle for a \$25 gift card voucher (3 x\$25 gift card vouchers will be raffled)

#### **How to Participate:**

Register by sending an email to [wellness@mmhg.org](mailto:wellness@mmhg.org). Once registered, you'll receive an email with instructions on joining the virtual event and raffle details. 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	1:00– 1:30 pm
Harvard Pilgrim Health Care	1:30– 2:00 pm
Delta Dental of MA	2:00– 2:15 pm
EyeMed Vision	2:15– 2:30 pm
MMHG Wellness	2:30– 3:00 pm

\*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.

**MMHG Health & Wellness Fair will be recorded and available for viewing.**  
**Visit our website [www.MMHG.org](http://www.MMHG.org) for complete insurance plan details and wellness programs.**