

Wellness MENU



#Fall into
WELLNESS

SEPTEMBER 2026

Flu Shot Clinic

Tuesday, September 22, 2026

Location: Upper Campus MAC

7:30 am – 3:00 pm



Scan the QR code to complete registration or follow this [LINK](#).

When completing the registration, please enter your insurance details. If you have MV medical, HealthEZ is your carrier—not Aetna.

LifeSpeak

LifeSpeak is our new wellbeing benefit designed to support you in everyday life. Provides resources for supporting children, caring for aging loved ones, or navigating everyday caregiving responsibilities.

1. Use this [LINK](#)
2. Enter your MV email address
3. Check the email from LifeSpeak for your one-time password (or request a password reset)
4. Provide the password
5. You will then be prompted to create a new password in order to log in.

September is National Yoga Month!

Attend a FREE outdoor yoga class on Monday, September 21, 2026, at 6:30 pm at The Battery. Register for the class using this [LINK](#)

Resources

HEALTH + MENTAL + SOCIAL + PHYSICAL



Health & Wellness Quick Guide -Access quick links to our medical, dental, vision carriers, and more!



Summit Counseling Center-First 3 sessions are free! Just tell them you work for MV!



Working Advantage-Use company code MVSPERKS to unlock exclusive savings.



Physical Wellness- MV Athletic Trainer, Hiro Kariya, offers services (injury evaluation & consultation, cupping, and dry needling) to faculty/staff. Make an appointment [HERE](#).



The new [Groundfloor.coffee](#) code is inspired by this year's theme, use it for 25% off your order

CREATETODAY