Wellness MENU

NOVEMBER 2026

#Mindful GRATITUDE

Save the Date

Thanksgiving gift!
A special Thanksgiving gift for all employees will be available to pickup at the front desk in each division on **Thursday, November 5**.

Mobile Mammogram
Quantum Radiology will be on-site on **Thursday, December 3,** to conduct **mobile mammograms**. Last year, 22 of you took part in this event, and we hope to reach 30 this year. Stay tuned for more information on how to sign up!



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.

Events



Oasis: A Mindfulness Experience

- November 21, 2026 | 11 a.m.–2 p.m.
- High Museum of Art

Take a break and recharge with yoga, mindful art making, meditation, soundscapes, and more! A great opportunity to relax and focus on your well-being.
Cost: Free for members | $23.50 for non-members

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