

MVP Work Well, Live Well

2023 Summer Well-Being Survival Kit



This informational guide was inspired by our commitment to *your entire workforce's well-being*.

Inside you will find:

Community resources and interactive tools for all

Health Observances

MVP member tips and reminders

We'd love your feedback!

Email us at workwelllivewell@mvphealthcare.com for more information or to connect with your company's MVP Health Promotion Program Manager.

July

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National Minority Mental Health Awareness Month

Resources

[National Minority Mental Health Awareness Month \(hhs.gov\)](#)

[Prioritizing Minority Mental Health | Health Equity Features | CDC](#)

Interactive tools

[Mental Health Quiz \(cdc.gov\)](#)

[SAMHSA Treatment Locator](#)

UV Safety Month

Resources

[UV Radiation- National Center for Environmental Health](#)

[Sun Safety | Skin Cancer | CDC](#)

Interactive tools

[How to Do a Skin Self-Exam | Examine Your Skin \(cancer.org\)](#)

National Pet Hydration Awareness Month

Resources

[National Pet Hydration Awareness Month -July 2023 - National Today](#)

[Signs of Dehydration in Pets](#)

Park and Recreation Month

Resources

[Park and Recreation Month Toolkit](#)

[Home - US Park Pass](#)

Interactive tools

[Hit The Trail Passport: Find Hiking Trails Near You - Wegmans](#)

Special Observances

[World Hepatitis Day July 28th](#)

MVP Member Resource



Members can find more behavioral health resources on our website:

- Login at [my.mvphealthcare.com](#)
- Scroll down to *For Members and select Health and Wellness*
- Under Programs and Resources select *Behavioral Health Resources*

View our MVP Living Well Programs Calendar here: [Live a Healthy Lifestyle - MVP Health Care.](#)

Most discounted and free programs are open to both MVP members and non-members!

August

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National Breastfeeding Month

Resources

[Breastfeeding | CDC](#)

[BMBFA | Black Mothers' Breastfeeding Association](#)
(blackmothersbreastfeeding.org)

[Asian American Native Hawaiian and Pacific Islander Breastfeeding Week](#)

[Breastfeeding \(who.int\)](#)

[Lactation Space Locator App | Mamava](#)

[Parent Handouts - Lactation Education Resources](#)
(lactationtraining.com)

Call Corporate Lactation Services to learn about your breast pump benefit at 888-818-5653.

National Immunization Awareness Month

[National Immunization Awareness Month \(NIAM\) | CDC](#)
[HPV Vaccination: What Everyone Should Know | CDC](#)

[Pregnancy and Vaccination | CDC](#)

OSHA's Safe and Sound Week 8/7-8/13

Resources

[Safe + Sound Week | Occupational Safety and Health Administration](#)
(osha.gov)

Interactive tools

[Safety and Health Programs Step-by-Step Guide | Occupational Safety and Health Administration \(osha.gov\)](#)

Special Observances

International Overdose Awareness Day [International Overdose Awareness Day: 31st August - International Overdose Awareness Day \(overdoseday.com\)](#)

MVP Member Resource



Did you know MyVisitNow (MVN) offers \$0 co-pay Virtual Lactation Consultation?

- Login at my.mvphealthcare.com
- Select *Get Care*
- Then click *Virtual Counseling-this takes you to MVN to create an account or login* **or** go right to [Sign Up \(myvisitnow.com\)](http://Sign Up (myvisitnow.com))

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