

## MUS Wellness Incentive Program Guide

Thanks for participating in the MUS Wellness Incentive Program. The following are some informative notes that will help you stay abreast of all our latest challenges and events as you engage in the program.

- The MUS Wellness Incentive program can be found at [www.muswell.limeade.com](http://www.muswell.limeade.com)
  - Active employees on the MUS Benefits Plan are eligible to participate.
- New challenges will be available through our incentive site approximately every 6 weeks. Start dates for most challenges:
  - Saturday, April 1st
  - Sunday, May 21st
  - Monday, July 3rd
  - Monday, August 14th
  - Monday, October 2nd
  - Monday, November 20th
- After a challenge ends, you still have 3 days to track your activity. If a challenge officially ends on a Sunday, you have until Wednesday to make sure that you have entered all of your data relevant to that challenge.
- Each 6-week cycle will offer approximately 250-275 points, distributed among 7-9 new challenges.
- Each day you log in and track a metric for a challenge worth points (personal challenges not included), you will receive one Track Your Progress point. Although only 1 point per day, these points can really add up! 254 points are possible with Track Your Progress throughout the year.
- 276 points are included for “required activities” that you must complete before you will level up to any incentive level: WellBeing Assessment (125), WellCheck (150), and the Integrity Pledge (1).
- An additional 440 points are offered throughout the year via year-long challenges such as Get an Eye Exam or Go Mobile, as well as MUS Wellness webinar and workshop opportunities.
- Each 6 week cycle features:
  - At least one Montana Moves (fitness) and one Montana Meals (nutrition) challenge, designed by your MUS Wellness Team.
  - Other challenges focusing on a variety of topics including stress management, health awareness, financial wellness, better sleep, and emotional wellness. Most of these other challenges are selected from Limeade’s challenge library.
- At least 3 step challenges will be offered, plus 1 year-long step challenge (Walk Across Montana)
- WellCheck points take approximately 4-6 weeks from the date of your WellCheck to show up on the Limeade website. You must wait for points to appear on the site before you will technically level up and receive information about incentive levels that you may have reached.
- All of the above information, including points and dates, are subject to change.
- For questions or help, please contact our dedicated MUS Wellness Limeade Support team, at 866-885-6940 or [support@limeade.com](mailto:support@limeade.com)