



WELLNESS
MONTANA UNIVERSITY SYSTEM

Your Wellness Benefits

The Vision of the Montana University System (MUS) Wellness Program is for plan members to be engaged in the ownership and betterment of their health and well-being in order to **maximize quality of life.**

In order to achieve this vision, the MUS Wellness Program offers numerous wellness services to adult plan members covered under the MUS insurance plan. No cost opportunities through Wellness to help you stay healthy and pursue an active, high quality lifestyle include:

- **Wellchecks:** Preventive health screenings (lab work, biometrics and flu shots) offered twice per year on your campus. Participate in Wellcheck and know your numbers!
- **Wellness education** including webinars, workshops, and online resources.
- Health coaching services provided through our **Take Control** program to help manage chronic disease or risk conditions such as high blood pressure, high cholesterol, diabetes, obesity, and tobacco cessation.
- An **Incentive Program** that allows employees to track health goals, participate in challenges, practice mindfulness, and earn incentives. Register today at join.virginpulse.com/muswell
- An **Employee Assistance Program (EAP)** for instant support if you, a family member, or coworker is in crisis. (24/7 help at 888-993-7650)
- **Wellbaby** is a special program for expectant mothers/families that provides excellent resources and can help save on healthcare costs associated with pregnancy and childbirth.

You can find details about all of our MUS Wellness programs at:

wellness.mus.edu

Your Wellness Team:

MUS Wellness

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Step challenges • Personal wellbeing challenges • Healthy living tips

YOUR EXCUSE TO HAVE FUN



Join the MUS Wellness Incentive program to get active, eat better and live well.

The best part?
It's fun, your friends are there, and you can earn incentives!

Register today at
join.virginpulse.com/muswell
then download the mobile app!



MUS Employee Assistance Program (MUS EAP)

If you, a household member, or coworker are experiencing a crisis and need immediate help, contact the MUS EAP hotline at **888-993-7650**. You can also receive up to seven (7) confidential, no-cost counseling visits through the EAP. Online resources are also available at deeroakseap.com (login & password: MUS)

Ready for a deeper dive into Health & Wellness?

- Become a **Wellness Champion!** Join our team of Wellness Champions across the state to unlock great resources and help promote Wellness on your campus and within your department!
- Do you work for an amazing department? Apply for a **Departmental Wellness Award** and we'll lavish you with recognition and rewards! Go to our Wellness Website (wellness.mus.edu) to apply to be a Wellness Champion or for a Departmental Award application.
- Looking for more Wellness resources? Check out our original articles, videos, and other online resources by visiting or following montanamovesandmeals.com and vimeo.com/muswellness 



**Discover great health with MUS Wellness
and blaze a trail to your best life!**