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.
- **Wellness education** including webinars, workshops, and online resources.
- Lifestyle Management services and coaching 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 wellness challenges, and earn incentives.
- An **Employee Assistance Program (EAP)** for instant support if you, a family member, or coworker is in crisis. (24/7 help at 866-750-1327)

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

www.wellness.mus.edu

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**Discover Your Own Path to Wellness.**

**2021 Incentive Program!**

Our MUS Wellness Incentive Program is back for 2021! Active employees are eligible for this online program which allows you to set goals, participate in challenges throughout the year, compete against your coworkers, and earn awesome incentives! The Incentive Program is a fun way to discover great health and blaze a trail to your best life!

Register or log-in at: https://muswell.limeade.com
MUS Wellness—Stay on top of it!

We have several online resources that will help you stay informed with Wellness news, events, and education about healthy lifestyles. Follow along with our Montana Moves & Meals blog, podcast, and Twitter! Chock-full of the latest information on health, fitness, nutrition, and MUS Wellness events and programs, it’s never been easier to stay informed and motivated, either from your desktop, phone, or tablet!

[Image of Montana Moves and Meals logo]

www.montanamovesandmeals.com
(or original articles, videos, and podcast)

[Image of Twitter logo]

@montanamoves
Wellness videos!
https://vimeo.com/muswellness

Whil: Practice mindfulness and meditation, boost happiness, and build emotional intelligence! Whil is back in 2021 with new resources. In addition to mindfulness & meditation training, we’ve added the collections Be Happier and Build Emotional Intelligence. You can access Whil through our Limeade ONE Incentive Program.

4 Easy Steps to Get Involved with MUS Wellness:

1. Register for the incentive program. (https://muswell.limeade.com)
2. Pick one or more of our media to follow, so you’ll stay abreast of the latest Wellness news.
3. Sign up for a Wellcheck and know your numbers.
4. Have fun participating and blazing a trail to your best life!

MUS Employee Assistance Program (MUS EAP)

If you, a loved one, or coworker is experiencing a crisis and you need immediate help, contact the MUS EAP hotline at 866-750-1327. You can also receive a no-cost counseling benefit with an in-network provider through the EAP or your medical benefits.

Your Wellness Team!

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