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 programs to Plan members over the age of 18 who are covered on the MUS medical plan. These wellness programs are offered at no cost to MUS Plan members to help you stay healthy and pursue an active, high quality lifestyle:

- **WellChecks**: Preventive health screenings (lab work, biometrics, and flu shots) offered twice per Plan year. Participate in a WellCheck and know your numbers!
- **Wellness education** including webinars, workshops, and online resources.
- Health coaching services provided through the **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 confidential support if you, a household member, or coworker is in crisis. (24/7 help at 800-395-1616)
- **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:

[www.wellness.mus.edu](http://www.wellness.mus.edu)

Your Wellness Team:

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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 hot line at 800-395-1616. You can receive up to 4 no-cost counseling visits through the EAP or from an in-network provider through your MUS medical plan benefits.

EAP website: members.uprisehealth.com  Access Code: 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 (www.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!