



Your Wellness Benefits

The Vision of the Montana University System (MUS) Wellness Program is for MUS 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 MUS Medical Plan members over the age of 18. These programs are offered at no cost to Plan members to help you stay healthy and pursue an active, high-quality lifestyle:

- **WellChecks:** Preventive health screenings (lab work, biometrics and flu shots) are offered twice per Plan year. Participate in WellCheck and know your numbers!
- An **Incentive Program** that allows participants to track health goals, participate in challenges, practice mindfulness, and earn incentives. Register today at join.virginpulse.com/muswell
- Health coaching services provided through the **Lifestyle Management Program** to help manage chronic disease or high-risk conditions such as high blood pressure, high cholesterol, diabetes, and obesity.
- An **Employee Assistance Program (EAP)** for instant support if you, a household member, or coworker is in crisis. The EAP also provides counseling and many other services.
(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.
- **Wellness education** including webinars, workshops, and online resources.

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!



WELLNESS
MONTANA UNIVERSITY SYSTEM



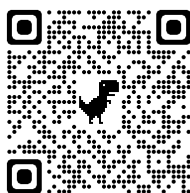
MUS Employee Assistance Program (MUS EAP)

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



Ready for a deeper dive into Health & Wellness?

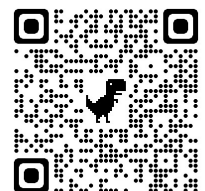
- Become a **Wellness Champion**! Join our team of Wellness Champions statewide to receive great resources and help promote Wellness on your campus and within your department!
- **Wellness Lab** is an online learning tool featuring courses in short video format. Courses cover topics in fitness, nutrition, & healthy habits. *Learn, grow, and live your best life at wellnesslab.thinkific.com*
- Articles & multimedia on a variety of Montana health & wellness topics at montanamovesandmeals.com
- Do you work for an amazing department? Apply for a **Departmental Wellness Award** and we'll lavish you with recognition and rewards! Go to the MUS Wellness website (wellness.mus.edu) to apply to be a **Wellness Champion** or for a **Departmental Award** application.



Wellness Home



Montana Moves



Wellness Lab