



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!
- 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 mental health services. (24/7 help at 888-993-7650)
- Opportunities to be a leader in Wellness through our **Wellness Champion Program** and **Departmental Wellness Awards Program**.
- **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

328 Reid Hall
Bozeman, MT 59717

wellness.mus.edu
wellness@montana.edu

Kelsey Hartzheim
kelsey.hartzheim@montana.edu
406-994-5402

Neal Andrews, MS, CSCS
neal.andrews@montana.edu
406-994-6111



Your future self will thank you.



Where would you like your health to be a year from now? **BlueCross BlueShield**
How could your life be better if you made some changes? of Montana

Your health plan includes programs that can help you live healthy every day. The first step to success is starting!

Health and wellness resources for:

- Anxiety
- Asthma
- Bones and joints
- Cholesterol
- Depression
- Diabetes
- Fitness and exercise
- Heart and lung disease
- High blood pressure
- Pregnancy
- Quitting tobacco
- Sleep problems
- Stress
- Substance use
- Weight loss

These programs do not replace the care of a doctor. Talk to your doctor about any health questions or concerns. Image(s) may have been created or enhanced using artificial intelligence tools.

Find out more.

Access your health and wellness programs in one place.

1. Scan the code.
2. Log in to bcbsmt.com.



Scan this QR code to visit bcbsmt.com.

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 also receive up to seven (7) confidential, no-cost short-term counseling visits through the EAP.

Online resources are also available at allonehealthdo.mylifeexpert.com/ (Company Code: **MUS**)



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*
- **New! Coming Fall 2026!** Articles & multimedia on a variety of health & wellness topics at: muswellness.blog
- 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.

