



Our mission is to help our plan members stay healthy by providing and incentivizing preventive health screenings, healthy lifestyle education and support, and disease prevention/management programs.

Overview

The Montana University System (MUS) Benefits Plan offers Wellness services to insured adult plan members (faculty, staff, retirees, and spouses) regardless of which medical plan you choose (Allegiance, BCBSMT, New West, or Peak).



Preventive Health Screenings

WellCheck: Every campus conducts annual health fairs, called WellChecks. The lab tests listed below are available at WellCheck, as well as a variety of additional free or discounted health screenings. See next page for the 2011/2012 WellCheck schedules.

- **Online Registration:** Online registration is required on all campuses for WellCheck appointments. Website: www.montana.edu/wellness, select Online Registration. Call your campus Wellness Coordinator if you need assistance.

Year-round Blood Draws: Lab tests are available in Bozeman by making an appointment via online registration; and Billings, Butte, Havre and Missoula by calling the Wellness Coordinator for an appointment. Subject to \$5 lab fee.

Lab Tests:

- Chemistry Screen
- PSA (Prostate Specific Antigen)
- CBC (Complete Blood Count)
- Cardio C-Reactive Protein
- Hemoglobin A1c:
- Vitamin D

Wise Consumer Tip:

Getting blood tests through Wellness is both cost-effective and smart! You save yourself and our self-funded insurance plan money by taking advantage of the discounts. You can also optimize your own personal health care by taking or sending your results to your primary care provider.

Colon Cancer Screenings are recommended annually to those 50 and older. New and improved colon cancer kits are available at WellCheck only.

Flu Shots are offered FREE in the fall, subject to national vaccine availability. Contact your campus Wellness Coordinator for dates and locations.

Website: www.montana.edu/wellness

See the website for specific campus classes/services, special programs and more detailed information.



WellCheck Schedule & Campus Wellness Contacts

WellCheck Site	2011/2012
Ag Stations/Research Centers	Contact MSU Bozeman for Schedule
Billings (MSU)	November 10, 2011
Bozeman (MSU)	November 1 & 2, 2011; April 4, 2012
Butte (MT Tech)	November 3, 2011
Butte (COT)	November 4, 2011
Dillon (UM Western)	October 12, 2011; March 27, 2012
Glendive (DCC)	November 8, 2011
Great Falls (COT)	October 19, 2011
Havre (MSU Northern)	October 20, 2011
Helena (COT & OCHE)	October 18, 2011
Kalispell (FVCC)	October 11, 2011
Miles City (MCC)	November 9, 2011
Missoula (UM)	October 25 & 26, 2011; April 17 & 18, 2012
Missoula (COT)	October 27, 2011



Healthy Lifestyle Education & Support

The Life Connection (TLC) Program

View services at: www.montana.edu/wellness select "TLC" (company code: MUS), or call 1-866-248-4532

Ask an Expert

This program provides FREE telephone consultation with a registered dietitian and/or exercise specialist. Call toll free 1-866-644-2025 or 243-2025 (Missoula). Online application: visit our website, select Lifestyle Education/Support

Classes

Classes are taught over the phone and/or via the internet. See newsletter and website below for current listing.

Wellness/Benefits Newsletter

Mailed to home addresses three to four times each plan year. Archived editions can be accessed via the website below or the Choices website at: www.mus.edu/choices

Fitness Products

Campuses sell quality pedometers and other fitness products.

Online DesktopSpa

A database of unique, brief and highly effective audio and video wellness exercises led by respected health practitioners using yoga, relaxation, acupressure, tai chi, guided imagery and ergonomics. It integrates "mini-treatments" to reduce stress and illness, and increase effectiveness, energy and performance. Go to website: www.montana.edu/wellness Select: DesktopSpa, Enter DesktopSpa, Register as New User, follow all prompts, Corporate Code: MUS (disregard User ID)



Disease Prevention/Management Programs

WellHeart

Available to adult plan members with related risk factors. For details, see website below or call 866-644-2025.

Take Control "Diabetes Support Program"

Available to plan members with diabetes. For details see website below or call 1-800-746-2970

WellWeight

A weight management program designed to assist employees with BMI of 30 or higher. For details call 1-877-501-1722

Wellness Website: www.montana.edu/wellness