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. Free 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 or Ask-an-Expert programs, 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 such as Fitbit fitness trackers and gift cards.

**Discover Your Own Path to Wellness.**

www.muswell.limeade.com

**2017 Incentive Program!**

Our MUS Wellness Incentive Program is back for 2017! 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: www.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, Facebook page, 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!

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

You can stay connected to Wellness through your favorite Social Media sites!

Like our MUS Wellness page on Facebook to receive notifications of events, articles, recipes, motivation, health and fitness tips, and more!

4 Easy Steps to Get Involved with Wellness:

1. Register for the incentive program. (www.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!

www.wellness.mus.edu
Our Wellness home page has detailed information about all of your Wellness Programs and Employee Benefits, contact information, plus links to all of our social media and online resources.
Be sure to Bookmark Wellness!

Quick Help Line
Have a quick question about exercise, nutrition, or general health and wellness?
Send us an email at: wellness@montana.edu
We’ll give you an answer, or at least point you in the right direction!

Your Wellness Team!

<table>
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