



Creating Healthy Futures

Montana Unified School Trust Healthy Futures Wellness Program

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What is the Healthy Futures program?

- MUST Health Plan
 - What is self-funded?
- Leadership engagement
- History of Healthy Futures
- Health risk management leads to health care costs control
- Results to date



Healthy Opportunities

✓ Education

✓ Blood Screening

✓ Mayo Clinic Portal:

✓ Confidential Health Assessment

✓ Personalized information



✓ Mayo Clinic Lifestyle Coaching

✓ Annual Action Plan

✓ Incentives

MUST Healthy Futures Timeline



MUST Healthy Futures Timeline 2013-2014 — Healthy School

Please keep this sheet for reference as it provides an explanation of the opportunities available to you through the MUST Healthy Futures program.

A. Wellness Education Presentation

TwoMedicine will provide a 30-minute onsite presentation which includes:

- An introduction to wellness and the MUST Healthy Futures program
- Blood screening information and instructions
- Healthy opportunities (Lifestyle Coaching, annual action plan programs)
- Participation Incentive(s)
- Question and Answer

B. Screening

Date(s)

MUST members will participate in a health screening where they can get a comprehensive measure of their biometric risks including:

- Complete Metabolic Panel
- CBC
- Lipid Profile
- Blood Pressure
- Pulse Oximetry
- Body Composition

October 3, 2013

MUST Healthy Futures Timeline

C. Mayo Clinic Confidential Health Assessment

Deadline

MUST members will log onto the TwoMedicine website and complete a 15-20 minute questionnaire on their lifestyle risks. **Members who have completed the Screening and Health Assessment will receive a \$50.00 Gift Card.**

Complete the Health Assessment using the following steps:

1. Visit www.mytwomed.com
2. Click 'Don't have an account or forgot password' link in Member login box. Enter the following information in the 'Create an Account' box:
Employer Username: **Healthy**
Employer Password: **funtobenefit**
3. Follow directions to create an account.

November 7, 2013

4. Click on



If you need assistance please call (888) 582-9002.

D. Annual Action Plan Programs

Round Trip Passport to Health

September 9th -
October 4th, 2013

Watch for information on program and incentives to come

30 Steps to Financial Fitness

November 11th -
December 6th, 2013

Watch for information on program and incentives to come

Physical Activity Program

Spring 2014

Watch for information on program and incentives to come from your health champion

Safety Program

Spring 2014

Watch for information on program and incentives to come from your health champion

www.mytwomed.com

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PREVENTIVE HEALTH STRATEGIES

EVALUATION

"TwoMedicine helped me define what BFCU was looking for and then helped me establish and focus on goals"

Human Resources Director,
Billings Federal Credit Union

[LEARN MORE >>](#)

MEMBER LOGIN

Email

Password

Remember Me?

[Login](#)

[Don't have an account or forgot password?](#)

WELCOME TO TWOMEDICINE

We are an employee health management firm focused on preventive health strategies at the worksite. We care for healthy lifestyles, prevention and financial fitness for individuals, families and organizations.

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MY ACCOUNT



Welcome Jane Teacher [Gallatin Gateway School](#)

[Edit Profile](#)

WEEKLY FEATURES

TIP TO PROTECT YOUR EYES

Posted on: 06.10.2013



HOW LONG SHOULD YOU KEEP LEFTOVERS?

Posted on: 06.10.2013



ANNOUNCEMENTS

Safety Savvy Program

Posted on: 03.25.2013



Safety Savvy launches on April 15th! This 5 week program will feature...

[View Full Announcement](#)



MAYO CLINIC
RESOURCES
[CLICK HERE>>](#)



Take the
MAYO CLINIC
Health
Assessment

[CLICK HERE](#)



[SYMPTOM CHECKER](#)

MUST
MONTANA UNIFIED SCHOOL TRUST

Education Tools

For Gallatin Gateway School

[MUST Presentation Video](#)

[Start Course](#)



Check with your local Health Champion.

Is it your time to take the Mayo Clinic Health Assessment?



Check with your local Health Champion.



This week's feature: 8 steps to prevent heart disease



Ask the expert: Is juice as good as the whole veggie?



Mayo Clinic Health Manager



My Rewards


2011 TwoMed Health Assessment Incentive

Jan 1, 2011 - Dec 31, 2011

[See all My Rewards information](#)

My Health

How am I doing overall?

As of Sep 28, 2011  What is this?



Need more information

See recommendations and information about your health indicators.

[My Health Interests](#)

[Edit](#)

Health Assessment Individual Report

My Health



Health Status



Recommendations



Programs

Overview >



Strengths

Alcohol Use

Blood Sugar

Nutrition

Tobacco Use

Triglycerides

Weight



Risks

Blood Pressure

Emotional Health

Exercise

Conditions

How am I doing overall?

As of Oct 13, 2010 [What is this?](#)



[View, print or save report](#)

Download full "My Health" summary in PDF format.

Recommendations

Based on your latest strengths and risks, here is a list of recommendations for you to consider, listed in order of importance.

- 1** [Get in motion.](#)
- 2** [Address your stress.](#)
- 3** [Keep eating plenty of fruits and vegetables.](#)
- 4** [Maintain your healthy weight.](#)

[See detailed recommendations](#)

My Health



Health Status



Recommendations



Programs

Recommendations

Based on your latest strengths and risks, here is a list of recommendations for you to consider, listed in order of importance.

1 Address your stress >

2 Eat more fruits and vegetables

3 Stay in motion

1 Address your stress

Why?

By managing your stress, you can increase your ability to enjoy life and decrease the negative effects of stress overload. Too much stress can affect your body, your thoughts and feelings, and your behavior. It can result in headaches, backaches and decreased immunity, anxiety and worrying, and overeating or abuse alcohol. Start de-stressing today!

Can improve your:



Emotional Health, Weight



Blood Sugar, Blood Pressure

How?

Choose one:



My Stress Solution

Stressed out? Use this online guide to help you identify your stressors and discover proven strategies for coping with stress.

[Go to My Stress Solution](#)



Learn more

For the latest on stress management, link to articles, slide shows, expert answers and more.

Already enrolled:



Health Coaching

Are you ready to make some changes? Use the Health Coaching tools to help you set goals and take steps to improve your health.

[Go to Health Coaching](#)

Mayo Clinic Lifestyle Coaching

- Two types: Online and Telephonic
- Coaches Trained in Motivational Interviewing
- Voluntary
- Available all year
- *CONFIDENTIAL*



Mayo Clinic Portal



EmbodyHealth

Brought to you by:



Pete Shatwell | [Log out](#) | [Back to portal](#) | [Preferences](#) | [Messages](#)



Category Tabs

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[Enroll in Mayo Clinic Health Coaching](#)



My Rewards

2012 EmbodyHealth Coaching - Independent

Jan 1, 2012 - Dec 31, 2012

2012 TwoMedicine Health Assessment Incentive

Jan 1, 2012 - Dec 31, 2012

[See all My Rewards information](#)

My Health

How am I doing overall?

As of Nov 13, 2012  [What is this?](#)



Health Information

Search



Search Mayo Clinic's extensive database of health information or browse the site using the categories below.

Browse information by: Life Stage

Women's Health >

Men's Health

Infants & Toddlers

Children's Health

Tweens & Teens

Pregnancy

Healthy Aging

End of Life



- Acrylic nails
- Arm lift
- Asthma and menstruation
- Belly fat in women
- Birth control pills for acne?
- Botox party
- Breast augmentation

[See more articles related to Women's Health](#)

Symptom Checker



Pinpoint possible causes of your symptoms.

Here's how the symptom checker works:

- 1 Choose a symptom
- 2 Select related factors
- 3 View possible causes

[Use the Symptom Checker now](#)

Healthy Recipe Collection



Find hundreds of healthy recipes, including low-fat recipes, low-sodium recipes and heart-healthy recipes.

Browse information by: Subject

Diseases & Conditions >

Comprehensive guides on hundreds of conditions.

Drugs

Look up prescription and over-the-counter drug information.

Supplements

Look up supplements information.

Tests & Procedures

What it is, how it's done, how to prepare, risks and benefits.

First Aid

Information to help you during a medical emergency.

Find a disease by its first letter

A	B	C	D	E	F	G	H	I	J	K
L	M	N	O	P	Q	R	S	T	U	V
W	X	Y	Z	#	See all					

Incentives

Screening years (every 3 years):

- **Screening** and **Mayo Clinic Health Assessment** = \$50 Visa gift card

Non-screening years:

- **Wellness education presentation** and **Mayo Clinic Health Assessment** = \$50 Visa gift card

Annual Action Plan Programs

- Incentives offered with each program



Health Champions

The Health Champions role is to ...

- Help coordinate and promote activities and events
- Distribute program materials to coworkers
- Be a go-to for questions
- Act as a liaison
- Support a healthy culture for coworkers and their families



Be a part of a Healthy Future!

Thank you for your time!
Please fill out the Evaluations

