Creating Healthy Futures

Montana Unified School Trust Healthy Futures Wellness Program

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What is the Healthy Futures program?

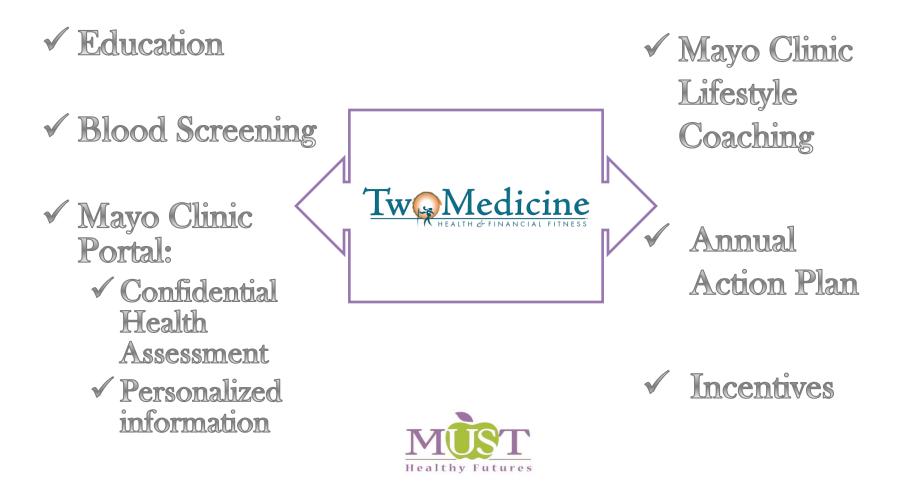
- MUST Health Plan
 - What is self-funded?
- History of Healthy Futures
- Health risk management leads to health care costs control
- Results to date

 Leadership engagement





Healthy Opportunities



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

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

Date(s)

MUST Healthy Futures Timeline

C. Mayo Clinic Confidential Health Assessment

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:

- Visit <u>www.mytwomed.com</u>
- 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: funtobefit
- 3. Follow directions to create an account.



4. Click on Assessme

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

Deadline

November 7, 2013

www.mytwomed.com

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About Us Services



EVALUATION

News

LOGIN

Contact

"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 >>

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.

STRATEGIES

MEMBER LOGIN

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FAQ

nail	Email Address
assword	Password
member Me?	V

Login





Search



Community Health Information

My Rewards

TwoMedicine





Check with your local Health Champion.



steps to prevent heart disease



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



Mayo Clinic Health

Manager





Wy Rewards

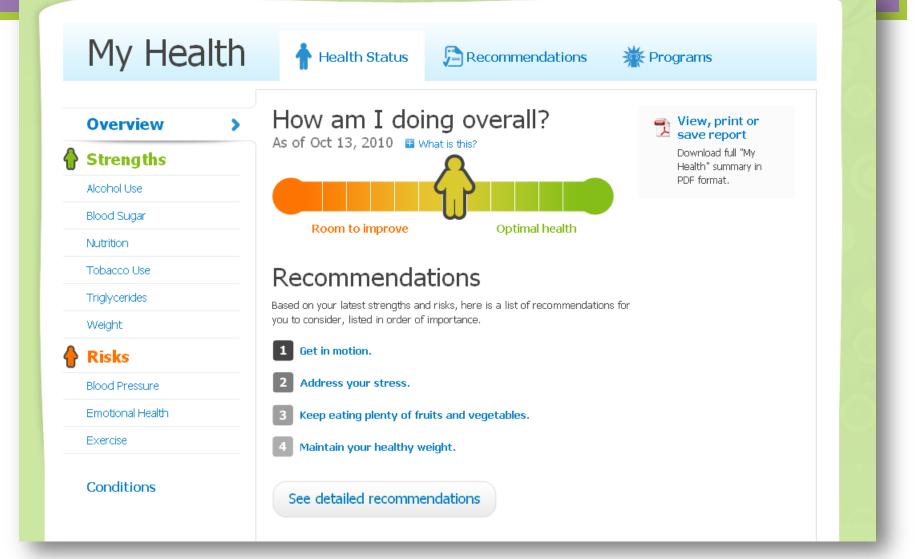
2011 TwoMed Health Assessment Incentive Jan 1, 2011 - Dec 31, 2011

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



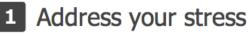
Recommendations

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

Stay in motion



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 destressing today!

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.

Can improve your:

Emotional Health, Weight

Blood Sugar, Blood Pressure

Go to My Stress Solution



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

Already enrolled:

more.



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



Health Information

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

H Browse information by: Life Stage

>

Women's Health Men's Health Infants & Toddlers **Children's Health Tweens & Teens**

Pregnancy **Healthy Aging**

End of Life





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 > ABCDEFGHIJK

LMNOPQRSTUV 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

