Spring WellChecks

Our WellCheck vendor *It Starts With Me* will be providing services at:

The University of Montana, University Center 330-333
April 16, 17, 18 & 19, 6:30am—10:30am

Plan members are eligible to receive a **FREE** Comprehensive Screening Package, which includes the Chemistry Screen and Complete Blood Count, even if they participated in the Fall WellCheck. Check out a list of optional tests that can be accessed through your online registration at: *It Starts With Me* or through contacting a Health Promotions Coordinator at:

866-932-6467   URL: www.itstartswithme.com

Note: You MUST schedule an appointment. Your insurance card has the group number and health plan ID number you will need to register and the company code is:

**MUS2012**

Wellness Workshops during WellCheck Week!!

MUS Wellness is offering Wellness Workshops on both the Missoula College and University of Montana campuses during the week of spring WellCheck. Workshops are open to all MUS insured plan members. Register today!

*The Language of Nutrition Labels:*
Tuesday, April 16, 12:10-1PM, UC 327 University of Montana
Register online at [www.nutritionlabelsumt.eventbrite.com](http://www.nutritionlabelsumt.eventbrite.com)

AND

Wednesday, April 17, 12:10-1PM, HB01 Missoula College
Register online at [www.nutritionlabelsmc.eventbrite.com](http://www.nutritionlabelsmc.eventbrite.com)

*Sports and Exercise Nutrition:*
Thursday, April 18, 12:10-1:00PM, UC 207 University of Montana
Register online at [www.sportsnutritionumt.eventbrite.com](http://www.sportsnutritionumt.eventbrite.com)

AND

Date: Friday, April 19, 12:10-1:00PM, HB01 Missoula College
Register online at [www.sportsnutritionmc.eventbrite.com](http://www.sportsnutritionmc.eventbrite.com)

Questions? Please email us at wellness@umontana.edu or call 994-6111.

Spring 2013

Human Resource Services at The University of Montana sponsors several events each semester that are available to employees. Check out what’s happening this spring

**MUS Wellness Quick Links**

**Ask an Expert**
URL: [www.wellness.mus.edu/AskanExpert.asp](http://www.wellness.mus.edu/AskanExpert.asp)

**MUS Wellness Newsletter**
URL: [http://wellness.mus.edu/WellnessNewsletters.asp](http://wellness.mus.edu/WellnessNewsletters.asp)

**The Life Connection**
URL: [www.wellness.mus.edu(EmployeeAssistanceProgram.asp](http://www.wellness.mus.edu(EmployeeAssistanceProgram.asp)

**Solid Finances**
URL: [www.msuextension.org/solidfinances/recordingsresources.html](http://www.msuextension.org/solidfinances/recordingsresources.html)

Meet Your UM AND MC Wellness Champions

MUS Wellness coordinators have recruited “Wellness Champions” at each campus to act as their liaisons. The goal of Wellness Champions is to provide you with information about opportunities, both local and MUS-wide, and general information about health and wellness.

**UM Mountain Campus Wellness Champions**

Erika Claxton       Andrea Lewis
Patricia DaSilva    Melissa MacKenzie
Brian Fruit         Kristene (Kris) Provo
Kathy Gaskill        Casey Teske
Shiloh Hanley       Eric Tangedahl

**Missoula College Campus Wellness Champions**

Johanna Ciampa       Jacquie Hofmann       Alison Pepper

Tell Us Your Personal Wellness Story

Do you have a personal wellness success story? Share it with us and help inspire others to take steps on their own journey to healthy living. If you want to share your story, email andrea.lewis@umontana.edu