



WORKSITE WELLNESS

The Chronic Disease Prevention and Health Promotion Bureau promotes worksite wellness policy, strategies and small media campaigns to ensure that all Montana employees have support and access to healthy food and beverages, breastfeeding support, physical activity, tobacco free environments, tobacco cessation opportunities, diabetes and pre-diabetes programs, insurance coverage for cancer preventative services, mental health resources, and other prevention topics to address chronic disease and health promotion as relevant to specific worksites.

Participating worksites partner with a local Health Promotion Specialist for a 36-month time period to adopt worksite wellness policies and interventions that support preventive care and a reduction in chronic disease incidence and prevalence in addition to existing policies and interventions. An optional intervention can include one or more evidence-based programs provided by the Chronic Disease Prevention and Health Promotion Bureau.

WORKSITE WELLNESS PROGRAMS:

Walk with Ease Self-Directed (WWE-SD)

Promote physical activity through a 6-week independent walking program. The WWE-SD is ideal for employees who want to start or maintain an exercise routine. All communication is via email from registration and reporting weekly walking minutes, to the evaluation.

Montana Tobacco Quit Line

When implementing a new tobacco-free worksite policy, it is important to remember that nicotine is highly addictive. Employers should show sensitivity to employees who use tobacco products by providing advanced notice of policy change and tobacco cessation support. The Montana Tobacco Quit Line is a free service available to all Montanans who would like to take the first step in quitting tobacco use.

Call **1-800-QUIT-NOW** or visit quitnowmontana.com to enroll.

Montana Living Life Well Program (formerly Worksite Chronic Disease Self-Management Program)

The wCDSMP empowers employees to develop skills to learn how to balance home and work life demands, while managing their chronic health condition(s), through a 6-week workshop.

Diabetes Prevention Program (DPP)

A public health program that supports healthy lifestyle changes for adults who are at risk for developing type 2 diabetes. It is a 12-month intensive lifestyle change program with 16 weekly and 6 monthly group sessions focusing on behavior change, healthy eating strategies, ways to become more physically active, a goal of 150 minutes of physical activity per week, and a goal of 7% weight loss. It is facilitated by trained lifestyle coaches that encourage, coach and motivate participants to adopt sustainable lifestyle changes. The DPP is covered by Medicare, MT Medicaid, and some employers.

WORKSITE WELLNESS PROGRAMS: (Continued)

Montana Asthma Home Visiting Program

The MAP empowers individuals with uncontrolled asthma and their family members to gain the knowledge and tools they need to manage their condition. This 12-month program consists of 6 visits, including virtual visits at the discretion of the participant. Participants also receive HEPA air purifiers and allergen proof mattress covers to address environment asthma triggers.

Montana Mother Friendly Worksites Initiative

Families are healthier when their workplace supports women during pregnancy and while breastfeeding. Breastfeeding support from an employer can help reduce the barriers a mother may encounter when returning to work, help her meet her breastfeeding goals, and it is good for business.

Montana Nutrition And Physical Activity Program

Making active living and healthy eating easier state-wide. The program provides up-to-date guidance and policies on nutrition and physical activity standards. The program can also help find evidence-based programs that encompass these standards to implement at any worksite.

Diabetes Self-Management Education and Support (DSMES)

Facilitated by a Diabetes Care and Education Specialist (DCES) who works with people with diabetes on the ongoing process of gaining knowledge, skills, and abilities necessary for diabetes self-care, as well as activities that assist a person with diabetes in implementing and sustaining the behaviors needed to manage his or her condition. Diabetes education is a recognized part of diabetes care and is covered by Medicare, Montana Medicaid, and most health insurance plans when it is offered through an accredited diabetes education program. To receive insurance coverage for diabetes education, often provider referral is required.

School Employee Wellness

Healthy school staff is vital to student education. The School Health Program has evidence-based tools and resources that can be shared with schools interested in improving their employee wellness programs.

Health Coaches for Hypertension Control (HCHC)

Utilizes trained “Health Coaches” to teach and support adults with hypertension in chronic disease self-management. Classes are offered 2 times a year, once a week for an 8-week period with 1.5 hours allocated to each session. Classes are limited to 8-12 participants. Currently classes are available in Cascade, Gallatin, Madison, and Richland Counties.

Cancer Screening Services

Providing up to date information and access to screenings for breast, cervical and colorectal cancer and other cancer prevention topics.

IPHARM

Providing employees with a free, virtual comprehensive or targeted medication review. IPHARM directly contacts (via phone and/or video) each eligible employee to offer services including brief self-management education, motivational interviewing, health coaching, prediabetes risk tests, asthma control tests and other services as applicable.

Critical Access Hospital Flex Grant Program

Eligible Critical Access Hospitals participating in the Montana Worksite Wellness Program can receive additional funding to support their worksite wellness initiatives.

Accessibility

The Chronic Disease Prevention and Health Promotion Bureau is dedicated to making sure anyone with disability benefit from inclusivity in Worksite Wellness initiatives. Contact us for support in creating and updating inclusiveness policies.

Find Out More

To learn more about Worksite Wellness programs available in your area and how to implement these programs, please contact the Montana Worksite Wellness Coordinator:

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Program information and resources are available at <https://dphhs.mt.gov/publichealth/worksitewellness>