

## Comparison of Wellness Programs Available to DHSS Employees



### Strive for Wellness



### DHSS Worksite Wellness

<b>Program Overview</b>	It is a wellness program administered through the state medical insurance plan, Missouri Consolidated Health Care Plan (MCHCP).	It is an internal wellness program that aims to support and encourage DHSS employees to make choices to maintain and improve their lifestyle
<b>Program Management</b>	The program is managed by program staff at MCHCP.	The program is run by a committee of employees representing each Division.
<b>Employee Participation</b>	<p>The program is open to all state employees.</p> <p>There are additional benefits for employees enrolled in the state health insurance plan. Participating employees receive reduced health insurance premiums by participating in incentive programs.</p>	Activities are open to all DHSS employees.
<b>Program Activities</b>	<p>Strive for Wellness:</p> <ul style="list-style-type: none"> <li>• Access to weekly wellness messages and resources</li> <li>• Reduced premiums for employees participating in the Partnership incentive and Tobacco-Free incentive</li> <li>• Support department Wellness Ambassadors and department wellness committees in providing onsite wellness activities to employees</li> </ul>	<p>The Committee assists employees with:</p> <ul style="list-style-type: none"> <li>• Increasing their health awareness and knowledge</li> <li>• Adopting and maintaining healthier lifestyles</li> <li>• Enhancing morale</li> </ul> <p>The committee plans a variety of onsite wellness activities and campaigns including exercise classes, Lunch-N-Learns, National Nutrition Month events and more to meet its goals. Wellness activities support Strive for Wellness campaigns and health messages.</p> <p>There is usually no fee or a small fee for committee activities.</p>
<b>Website</b>	<a href="http://www.mchcp.org/stateMembers/striveForWellness/index.asp">http://www.mchcp.org/stateMembers/striveForWellness/index.asp</a>	<a href="http://dhssnet/worksitewellness/">http://dhssnet/worksitewellness/</a>