

program along with FREE participation in Fitness Quest.
♥ Limited spaces available, so call the Wellness Office now to sign up.

*Important for Retirees with Medicare as your Primary:
You need to submit your claim to Medicare before Allegiance will pay.*

~ ON YOUR OWN ~

Building Hours: 6:00am - 9:00pm M-F
9:00am - 3:00pm Sa
Closed Su

Pool Hours:
Lap Swim: M-F 6:30-7:30 am
12:00-12:50pm
M-Th 6:30-7:30 pm
Open Swim: M-Th 7:30-8:30pm
Sunday 1:00-3:00pm

Equipment Checkout:
♥ Room next to Racquetball Courts:
6:00pm - 9:00pm...M-Th
♥ PE 218: other times...M-Fr
♥ Equipment is available to check out over the weekend!

GYM SPACE:
With two large gymnasiums, we offer plenty of space for extracurricular activities. Four basketball courts are available and three volleyball and two tennis courts can be set up.
♥ Equipment for these activities are available for check-out.
1) Upper Gym: 2nd Floor PE Complex
2) Arena: 1st floor

CARDIO ROOM:
Want to be heart smart? Be sure to stop in our Cardio Room offering a variety of new cardiovascular equipment and a universal weight machine.
~ 2 Stairsteppers ~2 Bikes
~3 Treadmills (recumbent & upright)
~Nordic Track ~SlideBoard
~ 2 Elliptical Trainers ~VersaClimber
~AbRoller ~2 Sport Riders
~Arc Trainer ~Pilates Machine
♥ 3rd Floor PE Complex

WEIGHT ROOM:
For those who want a strength workout, we offer a weight room that incorporates both free and machine weights.
♥ Be sure to check the schedule for available times.
♥ Basement PE Complex

RACQUETBALL:
Four courts provide you with an excellent opportunity to learn how to play racquetball or to hone your skills. Courts are available during regularly scheduled building hours.
♥ 1st Floor PE Complex

SWIMMING:
Feel the need to cool off? Stop in for a refreshing dip in our newly remodeled swimming pool. Certified lifeguards are on duty at all times. See Pool Hours for Lap & Open Swim times.
♥ 1st Floor IT Building (use door across from Roe House)

Need to know more?
Contact the UM-Western Wellness Office:
Phone: 683-7441
Location: PE 218
e-mail: j_peterson@umwestern.edu



Employee Wellness Activities



Spring 2006

~ Services ~

♥ ARE YOU COVERED???

You must be covered by the Montana University System's Group Health Plan to take advantage of the FREE services. If you have included your spouse/partner and/or children under your plan, they may participate as well. If you are covered... you are considered a Wellness Member.

SPRING WELLCHECK:

April 4 - 6; 7:00-10:30am

Lewis & Clark Room

Tuesday, April 4 Western Day...Western's employees, family, retirees, and students may participate.

Appointments needed.

Wednesday & Thursday,

April 5 - 6 Community Day, Western community may participate on these days as well

No Appointments Taken.

♥ Blood Chemistry Panel—FREE every 2 years

This is a comprehensive blood chemistry panel that includes TSH. A 12 hour fast is REQUIRED!

**New cycle started Fall 2005! **

(\$25.00 for additional test)

♥ Other tests available:

PSA (Prostate Specific Antigen) FREE every year to men over 50 or earlier with family history (\$24.00 for additional test)

ColoCare Kit (Colon Cancer test) FREE every year to those over 50 or earlier with family history

CBC (Complete Blood Count)	\$16.00
C-Reactive Protein (Cardio-CRP)	\$36.00
Homoglobin Alc	\$30.00
Blood Pressure	FREE

♥ OTHER FREE WELLCHECK SERVICES — (TUESDAY ONLY)

- ~ Body Composition
- ~ Back & Postural Assessments
- ~ Nutritional Counseling
- ~ Ergonomic Assessments
- ~ Allegiance & New West Choices, APS, and Ridgeway Pharmacy (our Health Plan Providers)
- ~ Massages
- ~ Vision Screen

PERSONAL FITNESS PROGRAMS & ASSESSMENTS—FREE

♥ Physical inactivity is associated with many of the leading causes of death and disability in the U.S. Visit the Wellness Office for a personalized exercise program and/or fitness assessment.

MAMMOGRAM—FREE every year

♥ Breast cancer is the most common type of cancer among women in the U.S. It is the 2nd leading cause of cancer death in women. So quit procrastinating as this appointment may save your life! Educational session and breast exam required.

♥ Schedule your appointment with Barrett Memorial Hospital—Call 683-3104.

PSA BLOOD TEST—FREE every year

♥ Prostate cancer is the leading cause of cancer in men. For men ages 50-70 (40-70 for those with a family history), this is an important supplement to a rectal exam when screening for prostate cancer. Should be done in conjunction with a digital prostate exam by your physician.

♥ Schedule your appointment with the Wellness Office during the WellCHECK.

COLON CANCER TEST—FREE to those over 50 annually

♥ Colorectal cancer is the second leading cause of death from cancer in the U.S. Annual fecal occult blood testing could cut colorectal cancer deaths by one-third. This test is recommended for those with a family history of

colon cancer, polyps, chronic constipation or improper elimination. Begin testing annually at age 40.

~Only available during the WellCheck~

IMMUNIZATIONS:

- ♥ MUS Allegiance plan members are eligible to spend up to \$75.00 on immunizations without cost to the individual. This includes Hepatitis, Tetanus, Influenza, etc.
- ♥ MUS New West plan members' immunizations are covered. This includes Hepatitis, Tetanus, Influenza, etc.
- ♥ Call the Wellness Office if you have questions.

~Special Programs~

FITNESS QUEST

- ♥ \$10.00 fee for employees & family
- ♥ Sign up with the Wellness Office and receive your "trail" to fitness.
- ♥ Fill in a box when 30 minutes of continuous cardio, strength, or stretching is performed.
- ♥ When 45 boxes are filled, you will receive a Fitness Quest t-shirt AND your name will be entered in the Weekend Getaway drawing.
- ♥ Boxes (above 45) are extra chances in the drawing.

HEALTHY *4* LIFE

- ♥ FREE
- ♥ Eight week intervention/education assistance program. High risk individuals are encouraged to participate, but EVERYONE who is interested in a healthy lifestyle is welcome to participate.
- ♥ Begin when you want just call the Wellness Office.
- ♥ Consists of "8" one-on-one 15-30 minute session that fits into YOUR schedule — one each week.
- ♥ An individualized program designed to help you make healthy lifestyle changes:
 - ~Eating right
 - ~Managing Stress
 - ~Exercising
 - ~Avoiding Smoking
- ♥ Free Blood Chemistry Panel for those who finish the