limeade®
Beyond the mascot: How to make well-being your school’s loudest rallying cry
14 sites across Montana

Large, small & remote campuses

17,000 benefit-eligible employees

Self-funded health plan
Discover Your Own Path to Wellness.

- **Level 1: Scout**
  - Fitbit™ Health Tracker
  - 406 pts

- **Level 2: Explorer**
  - $250/$500 Tax Advantaged Incentive Account Contribution
  - 1000 pts

- **Level 3: Trailblazer**
  - $150 Amazon Gift Card
  - 1500 pts

- **Level 4: Expedition Leader**
  - Expedition Leader Hoodie, Plaque + Raffle Entry for $500 REI Gift Card
  - 2500 pts
Key success factors

- Focus on personal accountability
- Campus-to-campus challenges
- Authentic Montana culture
- Empowering word of mouth
- Activating wellness champions
Multi-campus university
16 colleges & schools
Highly regarded medical school
Health insurance provided by the state
UWellness
Balancing the emotional, intellectual, occupational, social, and physical components of health

UPCOMING EVENTS:

MammoVan - Mobile Mammography Unit
May 5, 2015
8:30 a.m. - 3:30 p.m.
Southwest corner of UW Tower at 12th Avenue NE and NE 43rd Street

Schedule an appointment

Diabetes Screening Events
June 9, 2015 at Harborview Research & Training Building
June 24, 2015 at Seattle, UW Tower

Schedule an appointment

HEALTHY THINGS TO DO:

- Join the new SmartHealth wellness program
- Join the Smoke Free UW program
The Whole U pillars

- Being active
- Eating well
- Staying healthy
- Engaging interests
- Volunteerism
- Life events & changes
Key success factors

- Program comes from within
- Breaking down internal barriers
- Engaging campus partners
- Support from UW president & other leaders
Panel Discussion

Kimberly Mishra
executive director of marketing, communications & engagement

Mary Lachenbruch,
associate director of benefits

Henry Albrecht
CEO (moderator)