

Wired FOR WELLNESS

MESSA SPRING WORKSITE WELLNESS CONFERENCE

— 2026 —

What does it mean?

A workplace designed to make healthy choices
easy, natural, and supported



Three pillars



Mental



Physical



Social

Why mental wellness?

- ✓ School employees are exposed to multiple stressors that lead to:
 - Burnout
 - Emotional fatigue
 - Depression and anxiety



Mental wellness strategies



Mental wellness strategies

- ✓ Normalize the conversation
- ✓ Emotional intelligence trainings
- ✓ Journal at least 20 days out of 30
- ✓ Mindful Monday email messages



Mental wellness strategies

- ✓ Gratitude/appreciation activities before meetings or displayed on a break room wall
- ✓ 30-day resiliency challenge
- ✓ Mindfulness meditation sessions



Physical wellness barriers

- ✓ Sedentary routines
- ✓ Limited time
- ✓ Unhealthy convenience



Movement and Nutrition strategies



Movement

- ✓ Walking meetings
- ✓ Stretch breaks
- ✓ Encourage energy management
- ✓ Walking or step challenge



Movement

- ✓ Group exercise during lunch or after work
- ✓ Create a fitness directory for your area that includes virtual options
- ✓ Offer on-demand fitness options



Nutrition

- ✓ 30-day mindful eating challenge
- ✓ Meal Plan: Plan a week's worth of meals and enter to win
- ✓ Go Green: Enjoy at least 20 salads for the next 30 days
- ✓ 30-day healthy eating challenge: More vegetables and fruits; fewer processed foods



Nutrition

- ✓ Salad jar lunches
- ✓ Recipe exchanges
- ✓ Newsletters with healthy recipes
- ✓ Access to healthy snacks



Social wellness importance

- ✓ Connection improves job satisfaction
- ✓ Decreases isolation and the depression that can sometimes be a consequence.
- ✓ Good for your health



Social wellness strategies



Social wellness strategies

- ✓ Health-themed challenges or competitions
- ✓ Celebrate wins
- ✓ Inclusive culture
- ✓ Mentorship
- ✓ Eliminate the stigma
- ✓ Provide access for support



*Wellness is not a program.
It's the environment you
create every day.*



Worksite wellness resources

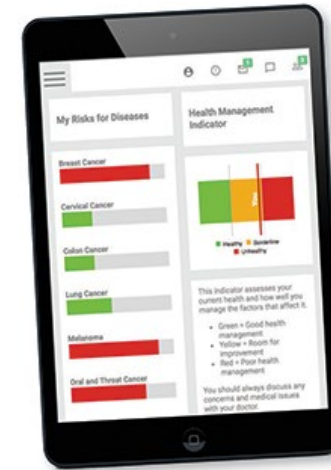


Health Risk Assessment

- ✓ Helps members understand their current health and identify risks
- ✓ Provides a report to help wellness committees develop customized plans



messa.org/wellness



What's your risk?

Learn more about your risk for heart disease, certain cancers and depression with the free MediKeeper app.

MESSA has partnered with MediKeeper to give our members a helpful tool for assessing their health and identifying risks for certain cancers, diabetes, heart disease, osteoporosis, depression and other illnesses.

Users fill out a detailed questionnaire, which is used to generate a personal health profile, including their lifetime risk for up to 16 major diseases and conditions.

MediKeeper also gives users individual feedback, suggestions to lower their risks and a personal wellness plan. Users can share the reports with their doctor to address any concerns. To protect your privacy, your personal data is not accessible by MESSA, your employer or any other third party.

The MediKeeper health risk assessment is accessible on a smartphone, tablet or computer. To access the tool, members should log into their online MyMESSA account at messa.org.



Health Interest Survey

- ✓ Helps wellness committees identify their groups' interests
- ✓ Questions can be customized to the unique needs of any group



messa.org/wellness

Health Interest Survey

Please complete this survey to help us customize health and wellness information for your group.

How do you prefer to receive health information? Please check all that apply.

- Information mailed to my home
- Newsletters
- Posters and pamphlets
- Newspapers and magazines
- Electronic communications
- Worksite wellness presentations
- Discussion with physician or other health care provider
- Other: _____

If these opportunities for health education were made available for you at your workplace, please check all that you would consider participating in.

- 15-minute webinars offered during the workday
- In-person health presentations by MESSA offered during the workday
- 15- to 30-minute webinars offered in the evening
- YouTube video clips
- In-person health presentations by MESSA offered in the evening
- Online scavenger hunt on a specific health topic
- Health activities and challenges with co-workers (example: walking challenge)
- I prefer written materials

Please indicate your level of interest in the following wellness activities.

	Little or no interest	Some interest	Very interested
Learning more about healthy food choices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Learning about portion control to help manage my weight	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Learning about reading food labels	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Learning new ways of increasing my physical activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Learning more about the health benefits of physical activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Increasing my physical activity level	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10- to 15-minute activities that I can do a few times per day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Participating in team activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Learning about ways to cope with stress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Learning about quitting smoking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Learning about the most effective use of my MESSA health plan	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Participating with a group to learn more about health and wellness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Other: _____

Your feedback is appreciated. Thank you for your time.

FS | Rev 03/04/24



Wellness Report Card

- ✓ Snapshot of a group's usage of health screenings, preventive care services and engagement in MESSA's chronic disease management programs
- ✓ Helps wellness committees plan meaningful programs that target the most prevalent health risks

WELLNESS REPORT CARD: 000 EXAMPLE SCHOOL DISTRICT

Current: Oct 2019 – Sep 2020 (Incurred); Previous: Oct 2018 – Sep 2019 (Incurred); Paid Through: Dec 2020



Preventive Compliance:

	000 EXAMPLE SCHOOL DISTRICT	MESSA BOB
Annual Preventive Exam (all covered lives) within last 12 mo	48.46%	49.39%
Pap Test (Women >= 20 yrs old) within last 24 mo	44.08%	46.06%
Mammogram (Women between 45-54 yrs old) within last 12 mo	44.88%	48.47%
Mammogram (Women 55+ yrs old) within last 24 mo	74.07%	72.08%
Covered lives > 18 yrs old with Prediabetes in the last 12 mo	4.74%	4.35%

Preventive Office Visit Compliance:

	000 EXAMPLE SCHOOL DISTRICT	MESSA BOB	US NORM
Ages 0-18 years	90.61%	91.69%	86.02%
Ages 19-44 years	49.45%	48.91%	40.49%
Ages 45-64 years	79.90%	71.54%	56.24%
Ages 65+	89.60%	73.77%	60.44%

Utilization:

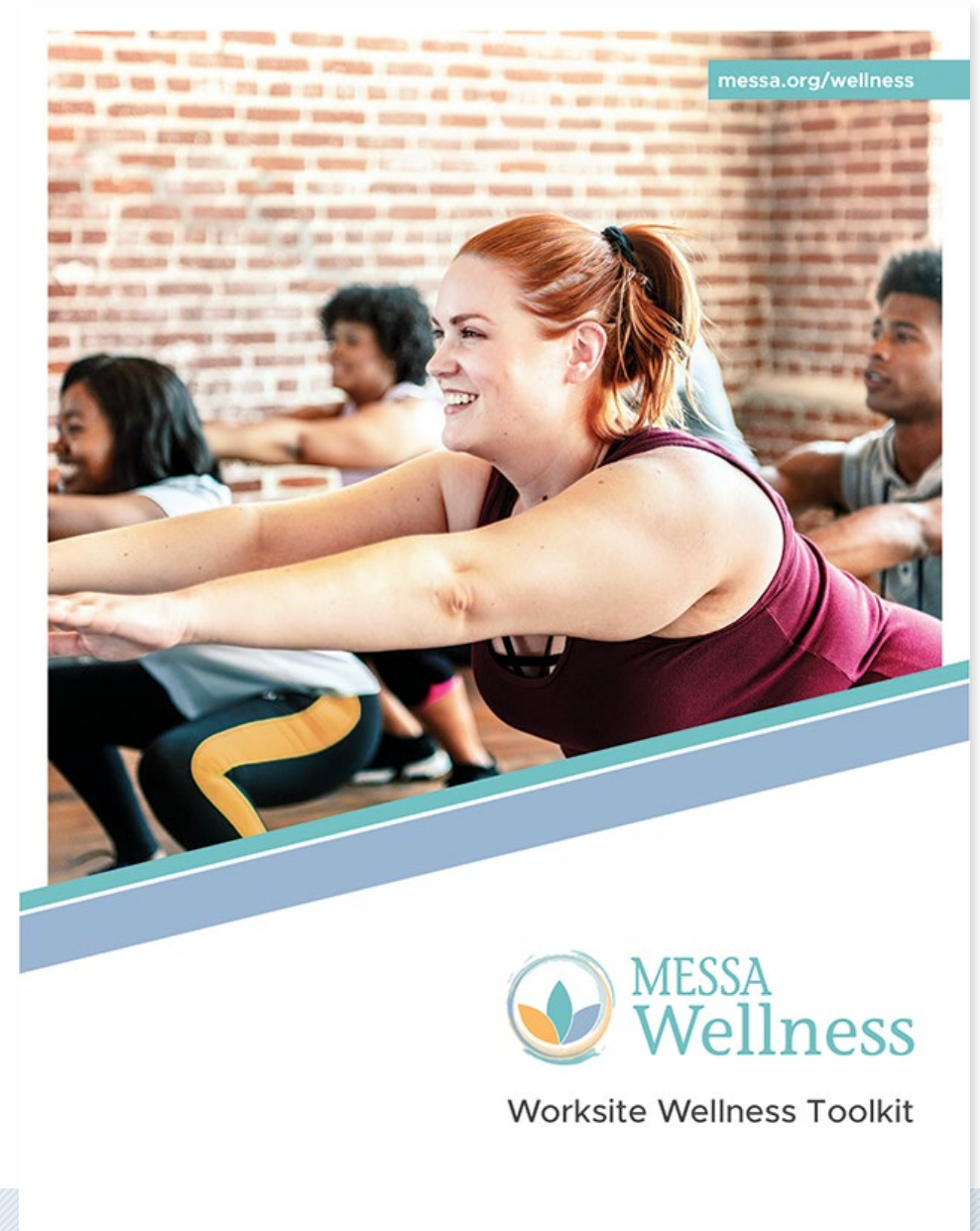
	000 EXAMPLE SCHOOL DISTRICT			MESSA BOB			US NORM
	Current	Previous	% Change	Current	Previous	% Change	Current
Office Visits per 1,000	5,230.51	6,788.58	-22.95%	4,642.99	5,653.16	-17.87%	4,435.30
Allowed per Office Visit	\$120.18	\$120.89	-0.59%	\$117.96	\$118.39	-0.37%	\$120.76
Urgent Care Visits per 1,000	74.97	177.60	-57.79%	135.44	174.48	-22.38%	154.87
Allowed per Urgent Care Visit	\$114.85	\$122.37	-6.15%	\$102.25	\$106.50	-3.99%	\$145.47
ER Visits per 1,000	202.64	207.10	-2.16%	182.39	214.53	-14.98%	221.19
Allowed per ER Visit	\$1,268.09	\$1,357.07	-6.56%	\$1,462.73	\$1,382.53	5.80%	\$2,077.86

Chronic Conditions Prevalence:

	Claimants Per 1000					
	000 EXAMPLE SCHOOL DISTRICT			MESSA BOB		
	Current	Previous	% Change	Current	Previous	% Change
Asthma	28	32	-9.69%	31	32	-3.44%
Coronary Artery Disease	19	17	7.44%	10	11	-6.79%
Diabetes	52	52	-1.50%	39	39	-0.04%
Hypertension	85	86	-1.00%	69	71	-3.58%
Back Disorders and Injuries	118	136	-13.41%	117	129	-9.34%

Worksite Wellness Toolkit

- ✓ Resources for your wellness committee
- ✓ Download it at messa.org/wellness



Wellness activity calendar

- ✓ Plan and track monthly wellness activities and challenges

The screenshot shows a digital form titled "Monthly Activity Calendar" from MESSA Wellness. The form is designed for tracking wellness activities and challenges by month. It features a header with the MESSA Wellness logo and the URL "messa.org/wellness". Below the header, there is an introductory paragraph stating: "The three keys to worksite wellness are mindfulness, movement and nutrition. Your Wellness Committee has planned wellness activities for the year, with the goal of creating a culture of wellness in our workplace. We hope you enjoy them!". The main body of the form consists of five sections, one for each month from January to May. Each month's section has a colored header (January: teal, February: blue, March: orange, April: teal, May: blue) and a sub-header "Wellness Committee activities". Each section contains four horizontal lines for notes. At the bottom right of the form, there is a "Continue" button with a right-pointing arrow.

MESSA Wellness messa.org/wellness

Monthly Activity Calendar

The three keys to worksite wellness are mindfulness, movement and nutrition. Your Wellness Committee has planned wellness activities for the year, with the goal of creating a culture of wellness in our workplace. We hope you enjoy them!

January	Wellness Committee activities

February	Wellness Committee activities

March	Wellness Committee activities

April	Wellness Committee activities

May	Wellness Committee activities

[Continue](#) ▶

Campaign templates

- ✓ Health maintenance exams and screenings
- ✓ Self care and mental wellness:
 - Mindfulness
 - Movement
 - Nutrition



Access to **support**

Personal service by phone or live chat from our nationally recognized Member Service Center



One-on-one support from your local field representative



Worksite wellness programs



Bargaining support, including benefit and claims analysis

Teladoc Health

24/7 Care

Mental Health

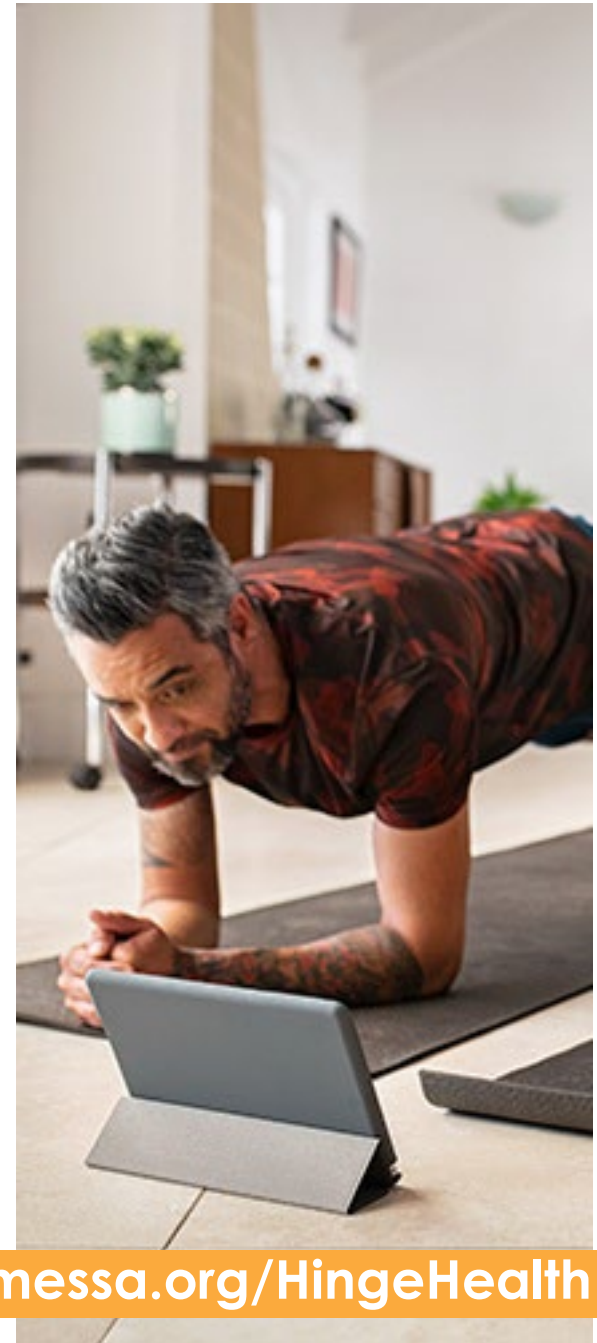
**Virtual
Primary Care**

✓ Chronic Condition Management:

- Diabetes prevention
- Diabetes management
- Hypertension management
- Weight management

Hinge Health

- ✓ Virtual physical therapy to help relieve joint aches, muscle pain, and pelvic pain and discomfort
- ✓ Enrollees receive:
 - A specialized care plan
 - Physical therapy sessions
 - One-on-one support from a physical therapist or health coach
 - Instant feedback with precise motion tracking



Medical Case Management

- ✓ One-on-one support from a registered nurse, who can help navigate the complexities of health care.
- ✓ For members diagnosed with serious illnesses or injuries, or who feel overwhelmed dealing with a health issue.
- ✓ To enroll, call **800-441-4626**



One-on-one support from a MESSA nurse

Free for MESSA members and covered dependents



messa.org/MCM

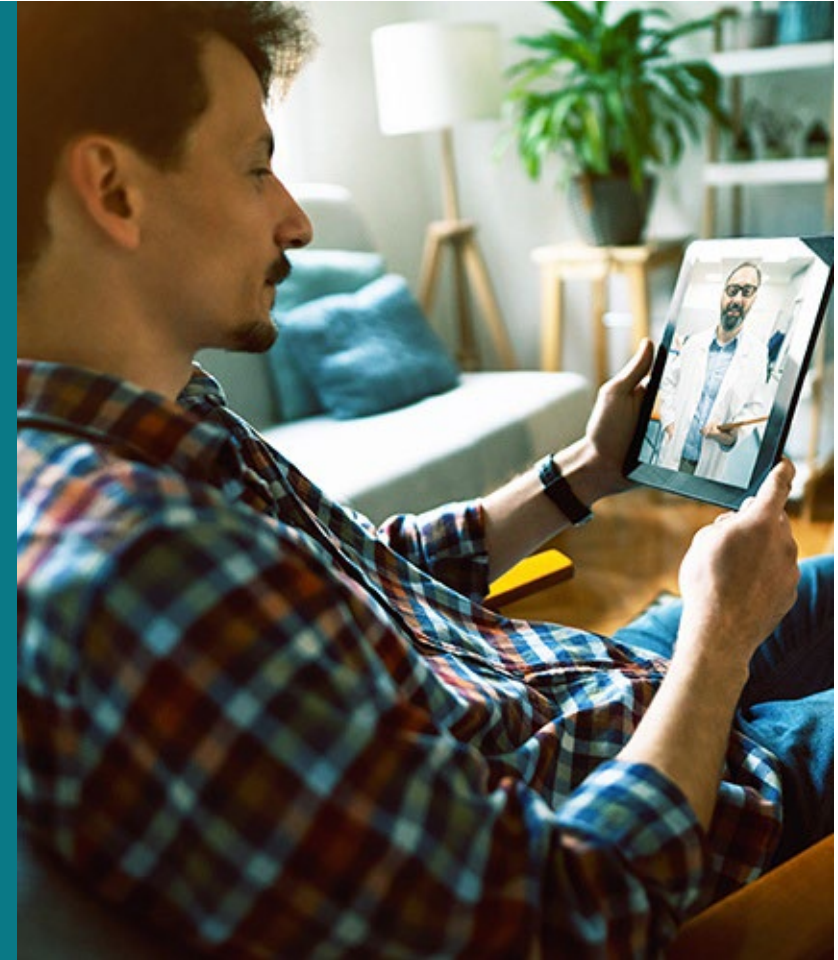
2nd.MD



Virtual expert medical
consultation

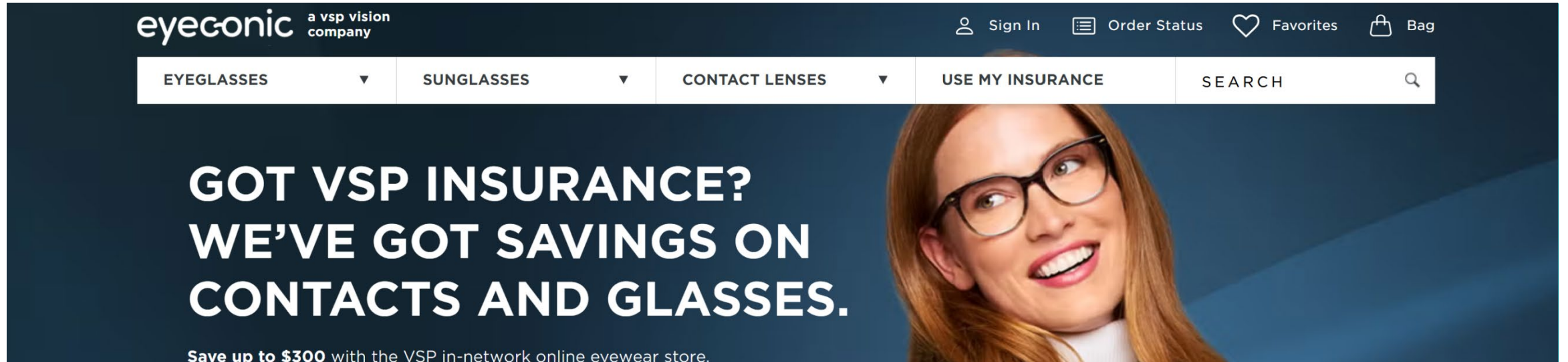
Get a second opinion
from elite specialists for
complex health issues

Free for MESSA
members and covered
dependents



messa.org/2ndMD

Eyeconic



The screenshot shows the top portion of the Eyeconic website. At the top left is the logo "eyeconic a vsp vision company". To the right are navigation links: "Sign In", "Order Status", "Favorites", and "Bag". Below this is a white navigation bar with categories: "EYEGLASSES", "SUNGLASSES", "CONTACT LENSES", "USE MY INSURANCE", and a "SEARCH" field with a magnifying glass icon. The main banner features a woman with glasses and the text: "GOT VSP INSURANCE? WE'VE GOT SAVINGS ON CONTACTS AND GLASSES." Below the banner, it says "Save up to \$300 with the VSP in-network online eyewear store."

- ✓ Easy-to-use, in-network, online eyewear option
- ✓ Apply your VSP vision benefits, receive discounts, free shipping and returns, and more

Ovia Health

- ✓ Ovia provides support through all stages of life from trained experts:
 - Reproductive health, fertility and menopause support
 - Support for a healthy pregnancy featuring in-app messaging with a health coach
 - Support for parents from the newborn stage through the teen years



Personal
support and
coaching



messa.org/Ovia

Mental well-being

- ✓ People working in our schools and communities experience high rates of burnout, stress and anxiety.
- ✓ MESSA cares about your mental well-being, in addition to your physical health.



Mental health coverage

- ✓ All MESSA health plans provide comprehensive mental health coverage.
- ✓ Appointments with an in-network counselor are covered like a physician office visit.
- ✓ Your plan's deductible, copayment and/or coinsurance apply.
- ✓ Find all of MESSA's mental health resources at **messa.org/MentalHealth**.



messa.org/MentalHealth

MyStressTools



- ✓ Powerful suite of stress management tools
- ✓ Free for MESSA members and dependents
- ✓ Access it through your MyMESSA member account

messa.org/MyStressTools

Teladoc Mental Health

- ✓ Download the Teladoc Health app
- ✓ Connect with a licensed therapist or board-certified psychiatrist to get treatment for grief, anxiety, depression and more
- ✓ Appointments are required and are available in the evenings and weekends

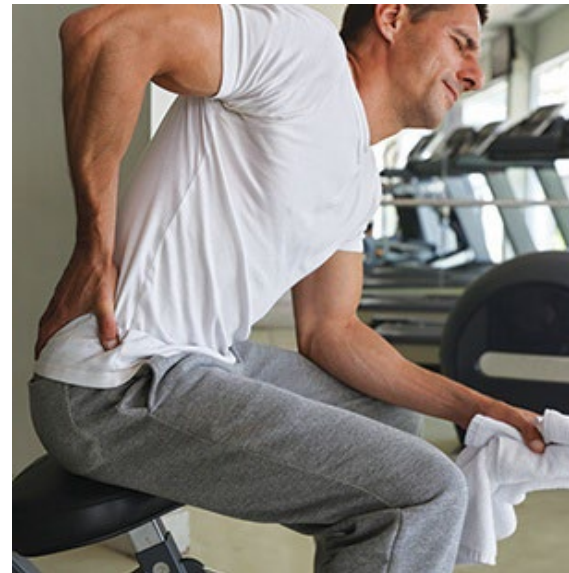
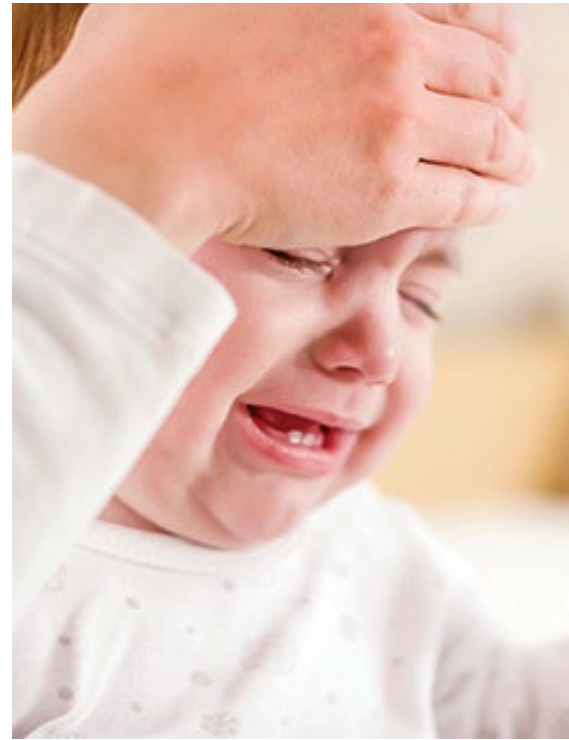
Calm Health app

- ✓ Everyday support for your mental and emotional well-being:
 - Sleep support
 - Meditations and soundscapes
 - Relaxation music
 - Mindfulness videos
 - Daily guided content
 - Free for members and dependents ages 13 and older



NurseLine

- ✓ Staffed by registered nurses who can answer medical questions and offer guidance
- ✓ May help you avoid unnecessary ER visits
- ✓ Call anytime **800-414-2014**



Available
24/7



Digital tools



Whether you use your online **MyMESSA member account**, the **MESSA app** or **social channels**, we make it easy to connect with us

View:

- ✓ Claims history
- ✓ Explanation of benefits

Request:

- ✓ MESSA ID cards

Link:

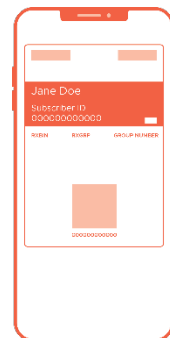
- ✓ HealthEquity health savings account
- ✓ Aetna supplemental plans portal
- ✓ Optum Rx for home delivery

MyMESSA

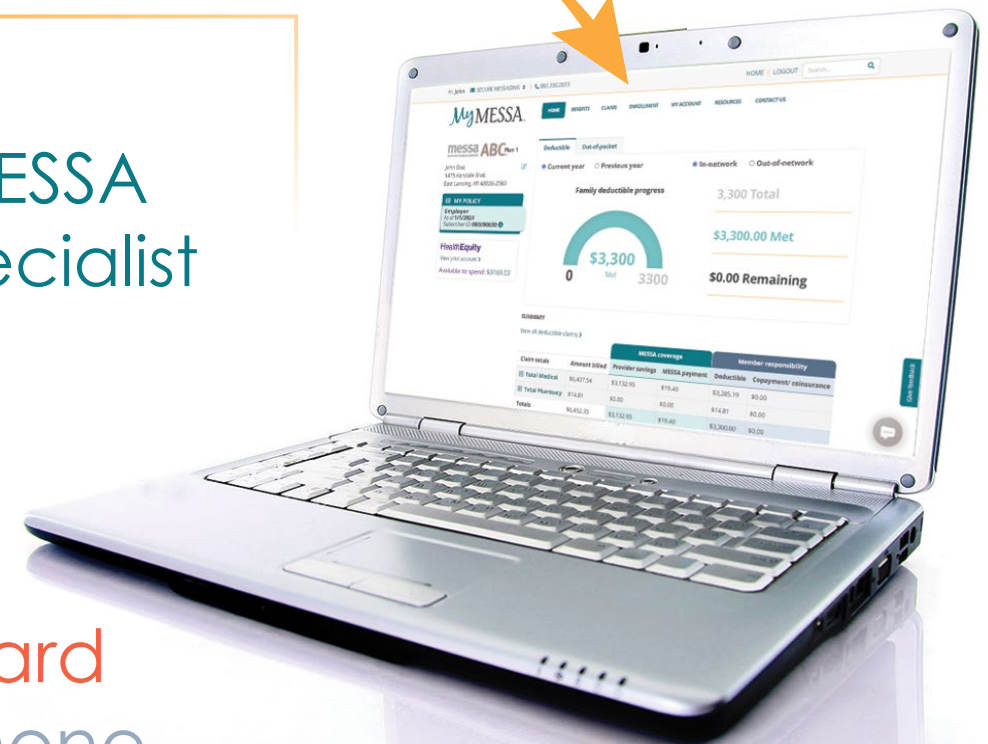
Your online member account

All your plan details in **one secure place**

Live chat with a MESSA member service specialist

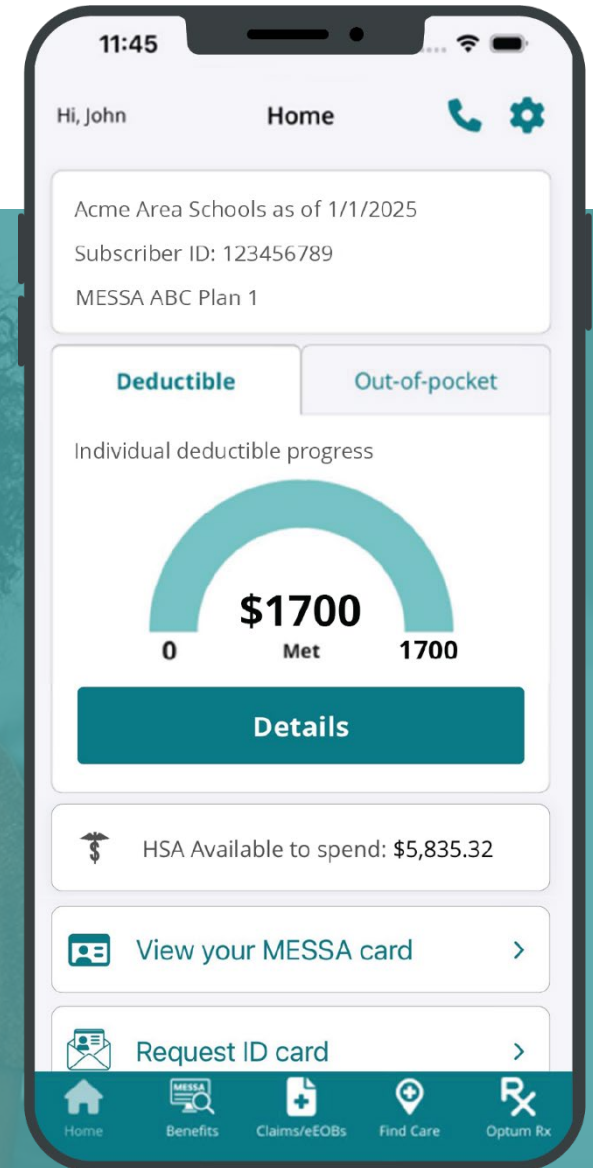


Download a **virtual MESSA card** to your smartphone



MESSA app

- ✓ Check your deductible
- ✓ Access statements and claims
- ✓ View your virtual MESSA card
- ✓ Use “Find Care” search tool
- ✓ Connect with Member Service Center
- ✓ Access to Optum Rx



messa.org/MESSAapp

Socials

Facebook: @MESSAhealth

Instagram: @MESSAhealth

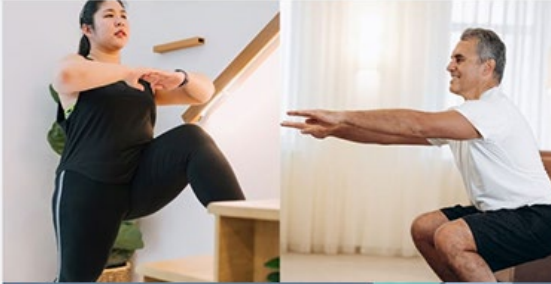
YouTube: @MESSAhealth

LinkedIn: /company/MESSA

A great source
for...

MESSA
February 6 · 🌐

Not willing to brave the cold for winter activities? We've got you. Kickstart your 2024 fitness goals from the comfort of your own home with these tips: <https://bit.ly/3HJouZQ>




**Meet your
exercise goals
at home!**

MESSA
April 30, 2023 · 🌐


Think of your MyMESSA account as the online hub of your MESSA health plan. It contains all the info you need to stay up to date on your benefits. You can log in to check your deductible, view your claims and electronic EOBs, link to MESSA's mail-order pharmacy through Optum Rx and much more!

**Your MyMESSA account
is the online hub of your
health plan.**



MESSA
January 21 at 1:00 PM · 🌐

Both a new year and #EyeCareMonth, it's the right time to take advantage of affordable eye health services for MESSA members! Learn more and take care of those peepers here: <https://bit.ly/45rV0ez>




**Affordable eye care for
MESSA members**

MESSA
September 19, 2023 · 🌐

Do you have late summer tomatoes in your garden? Or are you still seeing delicious Michigan tomatoes at your local farmer's market? Here is one of our favorite tomato recipes that will help you put those delicious end-of-summer flavors to good use: <https://www.messa.org/zesty-lemon-and-tomato-chicken/>
Do you have other favorite tomato recipes? Share them in the comments below!

**Zesty Lemon &
Tomato Chicken**



MESSA

field representatives



RaeAnn Loy



Matt Zimmerman



Viola Collin



Abby Zarimba



Jacqui Mast



Jim Gleason



Reneé Szurna



Tara Wilbur



Julie Berryman



Monica McKay



Jake Louks



Rahshaan Watson



Kirk Ozanich



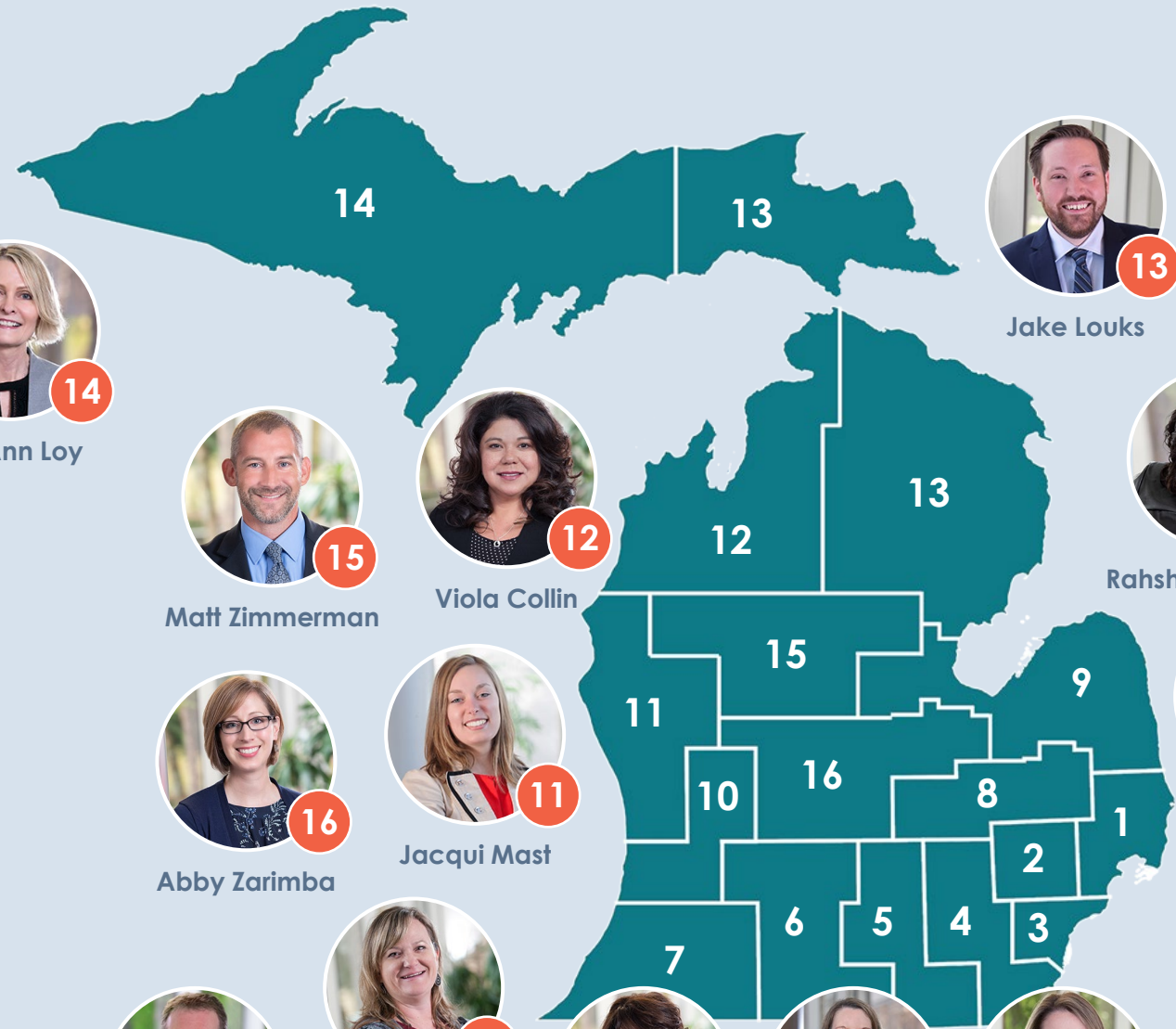
Mark Middlewood



Heather Scott



Andrew Lavendusky




Join today!



MESSA[®]

Wellness Pros 

- 
- » Zoom meetings third Wednesday of the month – choose morning or afternoon
 - » Chat about worksite wellness and share ideas
 - » Opportunity to meet with MESSA Health Promotion Consultant **Rhonda Jones**

Register at messa.org/Wellness

MESSA believes the hardworking people who care for our kids, our schools and our communities **deserve exceptional health benefits and unmatched personal service.**



Our **WHY**



Questions?

Rhonda Jones

healthy@messa.org | 866-637-0006

