

Healthy Mann Wellness Plan

The Healthy Mann Wellness Plan is a partnership between Mann Mortgage LLC, Blue Cross Blue Shield and the Mayo Clinic to promote a healthy lifestyle and bring you and your family the best in health information.

Well With Blue Website

This outstanding website provides you and your family with reliable information and interactive tools prepared by experts at the Mayo Clinic, one of the world's most trusted names in health care. You'll find fitness pointers, tasty and healthy recipes, tips on how to treat minor health problems at home, personalized programs to help you make healthy lifestyle changes and much, much more. Best of all, you can customize the site to provide information specific to your areas of interest or health concerns. To access www.wellwithblue.com and register, follow the instructions below:

Go to www.wellwithblue.com.

Click on "Register Now"

Your ID # will be your social security number preceded by the numbers 000. Example: 000123456789.

(Once you've enrolled in BCBS benefits, your ID # may be changed to your BCBS number).

Your partner can enroll by selecting 'Spouse', but will need to use your ID number.

Trouble registering? Contact the HR Department.

Health Risk Assessments

Mann Mortgage LLC makes Health Risk Assessments available to employees who regularly work 20 or more hours per week and their partners each year. A Health Risk Assessment (HRA) is a personal health assessment based on your family history, medical risk factors, lifestyle risk factors, medical conditions, stage of readiness to change and medications. A comprehensive personalized health report is produced and based on the results of the assessment, supportive direction to other resources is provided.

Health Risk Assessments can be completed by accessing www.wellwithblue.com. BCBS and the Mayo Clinic offers a secure, state-of-the-art assessment that allows employees to complete the HRA's in confidence, knowing their Personal Health Information is kept completely confidential.

10,000 Group Life Insurance Incentive:

Employees (working 20 or more hours per week) who complete their HRA will be eligible for \$10,000 in Group Life Insurance, paid for by Mann Mortgage LLC. The benefit will be renewed each year upon the employee's completion of the annual HRA.

HRA's are only offered for a limited time each year, typically during November and December Open Enrollment. For specific information on availability contact the HR Department.

Employee Assistance Program:

Employee Assistance Program (EAP) from APS Healthcare provides short-term, confidential counseling to you and your family in collaboration with Mann Mortgage LLC and BCBS. Emotional wellness, strong personal relationships, and positive attitudes are important building blocks of health that need to be maintained. This program provides professional support services designed to help people cope with a variety of personal and career-related issues:

Stress/Anxiety
Parenting
Aging
Grief
Finances
Depression
Relationships
Child/Elder Care
Workplace
Abuse
Alcohol/Drugs
Marriage
Legal
Family

Many problems can be addressed directly with your EAP professional, but some may require referral to other resources. Your EAP professional will research the most appropriate and affordable resources to help meet your needs.

EAP services are confidential and available 24 hours a day at no out-of-pocket cost.

For an appointment, please call during regular business hours, Monday through Friday:

Billings 254-6263
Bozeman 587-8238
Butte 782-0471
Helena 443-1127
Kalispell 752-6443
Missoula 327-7000

All other locations: 800-999-1077

Crisis services are available 24 hours a day, seven days a week.
Crisis Line 800-833-3031