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WELLNESS SCREENING SUCCESS STORY

Why do MMIA and the board of directors emphasize the Wellness screenings and review calls—not only offering them for free—but incentivizing participation by providing \$50 to complete each activity?



First off, we value our participants and their wellbeing! People are more able to take steps toward enhancing their health when they are armed with knowledge of specific areas to improve and recommendations on how to make it happen.

Additionally, the screenings occasionally uncover a serious issue before a person even knows something is amiss.

One powerful example happened to an MMIA participant just this past summer. She felt healthy and totally normal at the time of her screening but received word from our screening vendor about an abnormality in the results. After quickly making a follow-up appointment with her doctor, she went for further testing with a specialist.

Here is what the participant said about her experience:

“I saw oncology and they said I have Leukemia, stage zero. They will do a bone marrow exam soon. The screening caught it before it can progress. Thank GOD!!!! And thank MMIA for offering it to us.” - MMIA Wellness Participant

Take action to check on your health this summer and cash in on incentives for both the screening and review call. Visit mmiaeb.net/wellness to learn more and sign up for all incentive activities today.

DOLCE FAR NIENTE ... NO, NOT DOLCE DE LECHE

Dolce Far Niente is an Italian phrase and philosophy that translates to ‘the sweetness of doing nothing.’ But don’t think of it as absolute-void-nothingness, it’s more about slowing down, finding pleasure in the moment, and discovering satisfaction in not being constantly busy or productive.

As a culture, we take pride in our ability to push limits, work harder, longer, and often to the detriment of our health. Also, in the long run, you will inevitably experience burnout or work fatigue without a good sense of equilibrium between the hustle and the bustle times and the time to slow down and rest, recuperate and be your best, balanced self.

What does slowing down and *dolce far niente* look like? It could be just about anything where you are actively not doing or not rushing. Think of sitting on a park bench, meeting a friend for a beverage, taking a slow walk in nature, a leisurely dinner with friends, reading a book, taking a bath, and enjoying a sunset or sunrise.



You know the feeling when your phone is constantly beeping or buzzing with alerts, your kid somehow needs more pipe cleaners for his diorama of the “The Tell-Tale Heart,” you’re supposed to have a council meeting in five minutes and the internet inexplicably stopped working, rushing all over, feeling constantly late, having a zillion things to do and no time to get it done!?!? Aim for the exact OPPOSITE of that feeling.

It is hard to carve out time to slow down, but if you don’t, life has a way of slowing us down eventually whether we like it or not. And when life forces a slowdown, it is generally not how/when/what you would like. If you can find these bits of time to incorporate some *dolce far niente* it can at least be in your control, where you have some choice.



What are some ways you can find space and time to enjoy the quiet and stillness of *simply being* this week?

SUMMER TRAVEL TIPS



Montana is indeed the “Last Best Place.” And in the summer, the beauty and fun ratchet up to a whole new level. That said, if you need, or, for some inexplicable reason want to travel outside Montana, here are some things to keep in mind, at least from a health coverage perspective.

DOMESTIC TRAVEL

Allegiance is part of the greater Cigna network and has providers all over the United States. You can search for an in-network provider either by using the “Find Provider” tool on the askallegiance.com site (make sure to select the Cigna network) or by calling the Customer Service number on your ID card.



INTERNATIONAL TRAVEL

Should you require medical care while out of the US, you must submit itemized claims in English that clearly indicate diagnosis, what services were rendered, by whom, and the charge in US currency for each service (exchange cost conversion is possible, but US currency is encouraged whenever possible). You’ll need to pay for services when they are rendered, and the plan will reimburse you for services determined medically necessary by our plan documents.

When possible, the plan recommends pre-certification of any inpatient stay at a hospital or notify the plan of an emergency admission. Make sure to obtain a copy of the medical records in English to submit with your claim. You can self-submit international claims at askallegiance.com.

Teladoc is a great option for medical consultation when traveling anywhere in the United States and has Global Travel benefit options for traveling abroad, as well. Visit Teladochealth.com for more information.

Best wishes for an enjoyable, safe and healthy summer whether you travel out of state or stay and enjoy our Big Sky Country!





2025 MMIA EMPLOYEE BENEFITS

WELLNESS

EARN UP TO \$200

50

HEALTH SCREENING

Get your Health Screening at an It Starts With Me event or at a Montana Health Center

July 1 - September 30

50

HEALTH SCREENING REVIEW CALL

Schedule online & complete a review call with a Take Control health coach

Complete by November 7

50

EDUCATIONAL VIDEO AND QUIZ

Watch the short educational video and take the quiz online

Complete by September 30

50

BONUS ROUND 80% EMPLOYEE PARTICIPATION

If 80% of eligible employees in your city or town get a Health Screening, everyone screened earns another \$50

PO Box 6669
Helena, MT 59604-6669
800.635.3089 ext. 4
www.mmiaeb.net



GAME ON



SCAN THE CODE OR VISIT
mmiaeb.net/wellness

This program is developed in compliance with the EEOC wellness rules. For full EEOC details, visit our webpage above.