Shelby - A rural Montana community

- Obstacles
- Opportunities
- Outcomes
Obstacles
Grant Opportunities

Safe Routes to School

MT Fish Wildlife & Parks Trail Program

MT Land Water Conservation Fund

MT Dept. of Transportation
Outcomes
An old armory was converted into a 24/7 fitness center with full-time fitness instructor.
Roadrunner Recreation Trail

A 5.6 mile urban trail system connecting schools; businesses; health facilities; residential neighborhoods; and recreational sites.

Heights Trail

A shared-use pathway currently under construction.
Trail Connectivity

Coyote Hills Trail Loop

Oilfield Avenue Path Extension

Galena Street Bike Path
City of Shelby
Resolution Establishing a Safe & Accessible Streets Policy

- Involve the local community & stakeholders
- Consider the function of the road
- Integrate innovative & non-traditional design options
- Consider transit-way corridor alignment & station areas
- Assess the current and future needs of corridor users
- Include documentation of efforts to accommodate all modes & all users
- Incorporate a review of existing system plans to identify
  - safe & efficient street opportunities

Adopted January 6, 2014
The MMIA Employee Benefits Program is a very successful program. In addition to wellness education sessions and biometric screening, enrollees can earn significantly greater incentives in 5 important Health Factors including Body Mass Index, Blood Pressure, LDL Cholesterol, Fasting Glucose and Cotinine (Tobacco Use). Enrollees are able to earn $50.00 for participating in the screening and $50.00 per Health Factor by either:

- Meeting the outcome for that Health Factor
- Alternatively, by showing improvement for that Health Factor from the 2014 to 2015 MMIA sponsored health screenings.

THE TOTAL INCENTIVE COULD BE UP TO $300.00.
Employee Wellness

Example

Correctional Corporation of America

This year ~ 2015 is year 3 of the Live CCA/Onlife Health wellness program. The corporation has a “points” tracking system to assist enrollees in tracking progress towards completion of these 3 steps:

✓ Complete a Course: Log on to the Live CCA site and complete all 12 lessons within one of the Onlife Health self-directed courses. Choose the course that best fits your personal wellness goals (Managing Stress, Improving Nutrition, Getting Active, etc.). ~ 25 points

✓ Biometric Screening: Check with the facility HR team for the screening dates or complete the screening with your physician and timely submit the 2015 Physician Screening Form to Onlife Health/Interactive Health. ~ 25 points

✓ Online Health Assessment: Log on to the Live CCA site and complete the confidential online Health Assessment. ~ 25 points

By earning 75 points before the deadline, employees avoid the wellness premium/surcharge for the plan year.