

Shelby ~A rural Montana community

- Obstacles

- Opportunities

- Outcomes





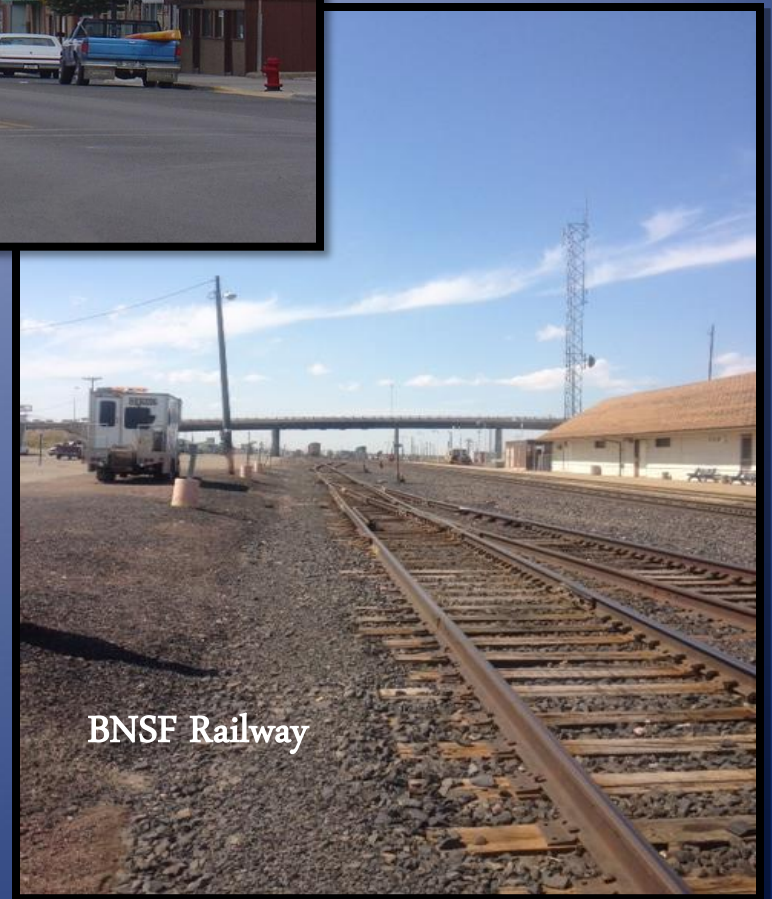
Obstacles



Main Street – Highway 2



Missing Sidewalks



BNSF Railway

Opportunities



Grant Opportunities



Safe Routes to School



MT Fish Wildlife & Parks
Trail Program



MT Land Water
Conservation Fund



MT Dept. of Transportation



Outcomes

Shelby Civic Center Conversion



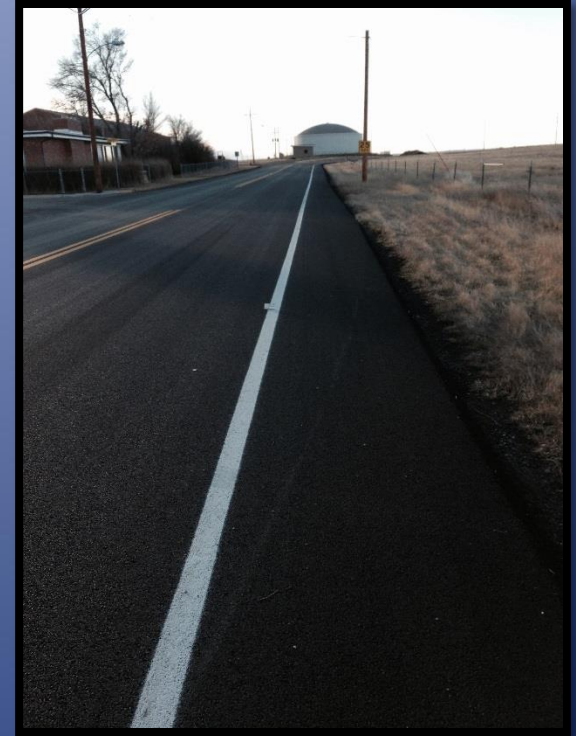
An old armory was converted into a 24/7 fitness center with full-time fitness instructor.





Heights Trail

A shared-use pathway currently under construction.



Roadrunner Recreation Trail

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

Trail Connectivity



Coyote Hills
Trail Loop

Oilfield Avenue
Path Extension

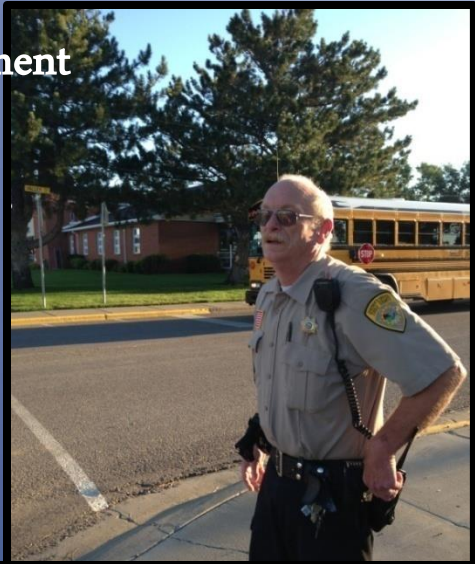


Galena Street
Bike Path



Shelby Safe Routes to School

Enforcement



Encouragement



Education



Engineering

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

Employee Wellness

Example

MMIA Employee Benefits Wellness Program 2015

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
- OR
- ✓ 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.

