



Join us on the Wellness Path at WMU

The Holtyn One-to-One Wellness Program - Helping you to stay strong and healthy with:

Free private & confidential health assessment Access to great tools and resources

Personal Wellness Coach to provide support & encouragement

1. Register and schedule an appointment in the One-to-One Wellness Program
 - a. Online: www.holtynhpc.com (New participants: Account ID is 32 and Account Password is bronco.)
 - b. Call Danna Downing at 269/779-5453 or email to ddowning@holtynhpc.com
2. At your appointment
 - a. Privacy and confidentiality assured
 - b. Biometric measures: height, weight, waist, cholesterol, blood sugar, blood pressure and fitness
 - c. Set personal, meaningful and achievable wellness goal(s)
 - d. Identify resources to support your wellness efforts
 - e. Set up a check-in time with your coach and/or make a follow-up appointment
3. Complete the Blue Cross Blue Shield of Michigan (BCBSM) online Health Risk Assessment (www.bcbsm.com) **after your One-to-One health assessment**
 - a. On your own at your computer. A complete step-by-step guide provided at www.wmich.edu/wellness (lower left corner of home page)
 - b. With help from BCBSM (website helpline at 1/877-258-3932 between 8 am and 8 pm)
 - c. Individual help and group trainings are available by appointment
 - d. Call Danna Downing at 269/779-5453 with any concerns /issues
 - e. Email completion status to Danna Downing at ddowning@holtynhpc.com in order to be a full participant eligible for special award drawings.
4. Connect to building-based and campus-wide support opportunities
 - a. Western Wellness Committee events (Jen Bailey, University Recreation, Assistant Director: Fitness & Employee Wellness, 269/387-3762)
 - b. BCBSM Succeed program
 - c. Employee Assistance Program at HelpNet (269/372-4500)
 - d. Sindecuse, Unified Clinics, University Recreation (SRC), or West Hills Athletic Club
 - e. Building/department activities with your Wellness Champ(s)
5. Celebrate success and support others