

WELLNESS BENEFITS THROUGH MINNESOTA MANAGEMENT AND BUDGET - STATE EMPLOYEE GROUP HEALTH INSURANCE PROGRAM

https://mn.gov/mmb/segip/

https://mn.gov/mmb/segip/health-solutions/

Contact SEGIP - link above has contact information. At SMSU: Contact Joan Tutt, HR at (507) 537-6209

WELLNESS OPTIONS FOR ALL EMPLOYEES

Fitness:

SMSU Exercise Science/Wellness and Human Performance Center offerings

 $\underline{http://www.smsu.edu/academics/programs/exercisescience/faculty-and-staff-wellness.html}$

- 1) Small group training
- 2) Group fitness classes
- 3) One on one/one-two exercise training

Contact:Kris Cleveland at kris.cleveland@smsu.edu

SMSU Fitness Center -

http://www.smsu.edu/campuslife/fitnessfacilities/fitnesscenter/index.html

SMSU Pool - http://www.smsu.edu/campuslife/fitnessfacilities/pool/index.html

Mental health:

SMSU Counseling and Testing Center

- 1) Massage chair
- 2) Stress relief room
- 3) Therapy dog

http://www.smsu.edu/campuslife/counselingtestingservices/index.html