

DHSS Wellness Related Perks

DHSS has put in place some policies to support employees in being well. Below is a short summary of some policies and resources. See DHSS policies for full details:

<http://dhssnet.state.mo.us/policiesprocedures/>

DHSS Administrative Policy 14.3, "Worksite Health Promotion Activities"

Allows employees to participate in sponsored Lunch-N- Learn programs for 30 minutes and special events for up to one hour on no more than one day per month without being charged leave. Supervisor must approve arrangements prior to using the allowed time. Employees should code the time to REGLR in Delta.

DHSS Administrative Policy 8.11 page 6- "Donating Blood"

Allows time off during regular working hours, not chargeable to leave, for the purpose of donating blood during Red Cross or other blood supplier blood drives or at permanent blood donor centers. Prior approval from the supervisor is required. Employees may be required to provide proof of their visit to the donation site upon their supervisor's request. No leave request or time accounting entry is necessary. Employees are expected to return to the work unit as soon as physically able, normally within a period of two (2) or three (3) hours.

Policy 8.3 page 6- "Sick Leave for Personal Wellness Activities"

Allows the use of up to one (1) hour of accrued sick leave per month to participate in personal wellness activities. Leave shall only be used for a program or activity directly related to health promotion or disease prevention for the employee. Supervisors have the right to inquire about activities performed when using sick leave for personal wellness, in order to ensure that leave is being used in accordance with policy. Employees should code time to SLPW (Sick leave use Personal Wellness).

Qualifying activities include, but are not limited to:

- Attending a gym or a fitness class;
- Taking a walk, jogging, bicycling;
- Attending a class, seminar or webinar on diet, exercise, or wellness-related topics;
- Participating in an event or activity facilitated by a Department Wellness Team;
- Attending yoga, aerobics, kickboxing, or other health related course; and
- Participating in a tobacco cessation, weight management, stress management, or other related disease management session.

Examples of inappropriate use of Personal Wellness Leave include, but are not limited to:

- Shopping;
- Doing errands;
- Visiting family members and friends; and
- Taking extended lunch periods wherein health and wellness is not the focus of the lunch.

Strive for Wellness® The state's insurance wellness program is designed to encourage members to get and stay healthy. The program offers a library of educational information, printable recipes and videos.

<http://www.mchcp.org/striveForWellness/index.asp>

Strive for Wellness® includes two premium incentives: the Tobacco Free Incentive and the Partnership Incentive. To receive the Partnership Incentive of \$25 per month, you must complete the Health

Assessment and the Health Education Quiz. There is an optional MCHCP approved Health Action to get a free Tshirt. Log into my.mchcp.org – choose the Incentives drop down to find these.

Strive Employee Life & Family (SELF) (formerly EAP) Provides confidential professional counseling, financial and legal consultation, and identity theft resolution. Available 24/7 at 800-808-2261. If registering for the first time online, use "MCHCP" as the Org ID, then MCHCP when asked for the company. <http://www.guidanceresources.com/>

Also on this site are many On-Demand trainings and podcasts on topics such as: balancing life and work, managing emotions in the workplace, and many more.

Discounts

Some local fitness facilities may offer discounted fees for state employees. Ask to see what they offer.

WeSave Discount Program: To help employees stretch their household income, state employees who choose to participate in this **FREE** program will save money (*up to 40% off retail value*) on direct-buy products purchased from WeSave merchants.

State of Missouri Employee Discount Website: The website exists to offer active and retired Missouri state employees discounts on products and services from various vendors in order to express appreciation for their valued service to Missouri citizens. All discounted products and services offered through this website are provided at no cost to state employees or the State of Missouri.



Worksite Wellness November Fitness Classes

Oct. 29, 2025





The Worksite Wellness Program is partnering with the Jefferson City Area YMCA to bring fitness classes to you.

Please see attached for the November schedule. To attend, you must register in advance.

[November Sign-Up](#)

[November Schedule](#)



Register through Sign-Up Genius!

Class sizes are capped, so please change your reservation if your plans change.

After signing up, you will receive a confirmation email from Sign-Up Genius and the option to add the appointments to your calendar.

If you selected multiple classes, Outlook will try to open the appointment as a new calendar. Instead, select "Import" to add all the dates selected to your existing calendar at one time.

If you selected a single class, Outlook will only open a regular appointment window. Open the file and click "Save and Close."

Cancellations: If something comes up and you are unable to attend the class, please remove yourself from the class to allow another person to register. To do this, simply "Edit My Sign Up" from the confirmation email and click the blue "Delete" button.

If "Edit My Sign Up" is not in your confirmation email, follow the steps below:

- Click "View Sign Up" from the confirmation email
- In Sign-Up Genius, select "Change my sign up"
- Select "I signed up without a Sign-Up Genius account" and enter your email address
- Follow the email links and prompts to cancel your reservation

All classes are free. Classes are not sponsored under the Worksite Wellness Policy 14.3. Employees must use their lunch hour or personal time to participate.

There are shower and changing facilities in the 920 and 930 Wildwood building restrooms.

November Sign-Up



Class Types and Descriptions

Unsure which class is right for you? Please see the class descriptions below.



Forever Fit

This low impact cardio class offers a variety of exercises to suit all fitness levels. Our instructor will guide you through an invigorating session to improve cardiovascular health, build strength and balance, and challenge you in a supportive environment. Come

Yoga Stretch

Gentle Yoga is great for beginners and more experienced yogis alike. It is great for prenatal exercise as well. Join us to gently and safely improve your flexibility, mobility, core strength, and your mind-body connection.

and discover the joy of a well-rounded fitness experience.

Barre

A workout technique inspired by elements of ballet, yoga, dance, and Pilates. Great for all levels of fitness.

Two Left Feet (dance)

Attention! If you have been diagnosed with "Two Left Feet," Sabrina is here to help you gracefully learn choreographed movements to get you toned up!

Low-Impact Intensity Training (LIIT)

Good old fashioned low impact aerobics with a mix of strength training. Great moves and great music! Low impact does not mean low intensity, so get ready to work!

Meditative Yoga

This class will provide coping techniques such as restorative breathing exercises, stress reduction and mental clarity in addition to improved flexibility and strength for an overall increased feeling of well-being.



Class Schedule

With 8 total classes, there's something for everyone.

November Sign-Up

Monday	Tuesday	Wednesday	Thursday	Friday
	November 4 Barre 12:00 – 12:30pm Maple ONLY	November 5 Yoga Stretch 12:00 – 12:30pm Maple ONLY		
November 10 Forever Fit 12:00 – 12:30pm Birch/Maple	Veterans Day	November 12 LIIT 12:15 – 12:45pm Maple ONLY		
	November 18 Barre 12:00 – 12:30pm Maple ONLY			November 21 Meditative Yoga 12:00 – 12:30pm Birch ONLY
	November 25 Two Left Feet 12:00 – 12:30pm Birch/Maple	November 26 Forever Fit 12:00 – 12:30pm Birch/Maple	Thanksgiving	

Occupational Social Physical Intellectual Spiritual Financial Emotional Environmental



Intranet Page



Worksite Wellness Newsletter

Sept. 9, 2025

The **M**OBILE MAMMOGRAPHY UNIT is Coming!



SCHEDULE YOUR SCREENING



Deadline to schedule your appointment is Sept. 30!

The Worksite Wellness Committee has arranged for the MU Health Care Mobile Mammography Unit to come to the Wildwood campus on **Thursday, Oct. 9.**

Early detection can increase a woman's breast cancer survival rate by 30%! That's why MU Health Care's Mobile Mammography Unit will be at the DHSS Wildwood campus to bring quick, private and convenient screenings to you.

The best part?

Appointments take less than 30 minutes. Call the Bureau of Community Health and Wellness (CHW) at 573-522-2820 to reserve your spot today!

Date:

Thursday, Oct. 9, 2025

Location:

DHSS Wildwood campus
(920 building parking lot near the stairs leading up to the 912 building)

Appointment Times:

8:15 a.m. – 2:45 p.m.

Deadline to Schedule Appointment:

Sept. 30

[Download the Flyer](#)



Private Clinic on Wheels

The 54-foot long mobile unit is a fully inclusive clinic on wheels, featuring an examination room and mammography suite. The testing staff is comprised of all-females that are certified radiology technologists who provide the same level of care offered at a freestanding mammography facility. The program is accredited by the American College of Radiology and the Food and Drug Administration.





Important Details

Eligibility for screening

You can schedule a screening if you:

- Are a woman 40 years of age or older
- Are a woman 30-39 years of age with a family history of breast cancer in a first-degree relative (mother, father, sister, daughter); check with your insurance carrier to determine if the procedure will be covered
- Have not had a mammogram within the 12 months preceding
- Are not being seen for breast problems - ***Any woman being followed for breast problems needs to come to Ellis Fischel to be seen***
- Are not pregnant or breastfeeding

Out of pocket costs

For most, there will be no fee for the screening since mammograms are considered a preventative screening. The cost of the screening will be billed to your insurance. You do not have to have health insurance through MCHCP to be screened.

Making a screening appointment

Appointments will be given in 15-minute intervals starting at 8:15 am. The last appointment time is at 2:45 pm. Please call the Bureau of Community Health and Wellness (CHW) at 573-522-2820 to schedule your screening appointment. A waiting list will be started if needed. If you need to cancel your appointment, please contact CHW as soon as possible.

Ellis Fischel has requested the following information be collected when you schedule your appointment:

- Name/Maiden name
- DOB
- Address
- Phone Number
- If you have ever been seen at Ellis Fischel or the mobile screening unit

Deadline to Schedule: Sept. 30



Offered by Licensed Massage Therapist, Stephanie Owen, LMT



**Chair massages are coming back to the Wildwood
Campus for only \$15 (cash only)!**

November 13

10 a.m. - 3 p.m.

930 Wildwood Drive
Elm Conference Room

Book a Massage

Come experience the benefits of chair massage, including:

- Lower anxiety
- Increased circulation
- Lower blood pressure
- Relief from muscle pains and headaches
- Decreases stress
- Improves sleep quality
- Reduces anxiety

Team members in the 930 building will receive priority registration for the November chair massages through Thursday, Nov. 6. If spots are still available as of Friday, Nov. 7, the November registration will be shared with employees in the 920 and 912 buildings as well.

Spots are limited. Appointments are a first come, first serve basis. **Please only register for one appointment time.** If you are interested in signing up for more than one appointment time, please add your name to the waitlist for any additional desired appointment times. In the event the appointment time is not reserved, or if cancellations occur, your waitlist hold will be considered.

The appointments are 15 minutes and cost \$15 (CASH ONLY).



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Cancellations: If something comes up and you are unable to attend, please remove yourself from the registration to allow another person to register. To do this, simply "Edit My Sign Up" from the confirmation email and click the blue "Delete" button.

If "Edit My Sign Up" is not in your confirmation email, follow the steps below:

- Click "View Sign Up" from the confirmation email
- In Sign-Up Genius, select "Change my sign up"
- Select "I signed up without a Sign-Up Genius account" and enter your email address
- Follow the email links and prompts to cancel your reservation

Chair massages are not sponsored under the Worksite Wellness Policy 14.3. Employees must use their break or personal time to participate.

The following events are planned for the Wildwood campus –

Free Skin Cancer Checks

According to the American Academy of Dermatology, 1 in 5 Americans will develop skin cancer in their lifetime, and nearly 20 Americans die from melanoma – the deadliest form of skin cancer – every day. Yet when caught early, skin cancer is highly treatable.

Board-certified dermatologists Dr. Benjamin Casterline and Dr. Jordan Parker will be at 930 Wildwood to host free Skin Cancer Checks.

Friday, July 11

9:00AM – Noon

Elm & Walnut Conference Rooms

Appointments will take approximately 5 minutes. [Click here to register.](#)

Registration will close on Thursday, June 26.

For more information about how to prevent and detect skin cancer, visit PracticeSafeSun.org.

Biometrics Screenings – last chance to register!

Take charge of your health and receive a free biometrics screening!

Tuesday, June 24

7:40AM – 11:30AM

Birch and Maple Conference Rooms

Nurses from the Cole County Health Department will be onsite to provide total health screenings.

The standard biometric screening will include the following measurements:

- Blood pressure
- Height/weight and body mass index (BMI)
- Body fat percentage
- Cholesterol Panel*
- Comprehensive Metabolic Panel, including glucose levels*
- Complete Blood Count*

*via blood draw

Your screening results will be 100% confidential. Your report will be mailed directly to your home address within one month. If any of your results fall outside the normal range, you are encouraged to make an appointment with a primary care physician.

Spots are limited and you must sign up to reserve your screening time slot.

[Click here to sign up.](#)

Registration will close Wednesday, June 18.

If you have already signed up, please do not register again!



Worksite Wellness Training

September 2025





This September, during Suicide Prevention Month, we are reminded that every one of us can play a role in saving a life. By learning the warning signs, having courageous conversations, and connecting those in need to resources, we can make a difference.

The theme for 2025 is "Creating Hope Through Action." Take action today by educating yourself and being a source of hope for someone who is struggling.

Did you know that asking a simple question can save a life? You don't need to be a mental health professional to make a difference. Our QPR training empowers everyday people with the practical skills to recognize the signs of a suicide crisis and respond effectively. Take the first step in learning how you can help.





Color Your Fall with Kindness

Wednesday, Nov. 5
9 a.m. - 3 p.m.

Thursday, Nov. 6
9 a.m. - 2 p.m.

Friday, Nov. 7
9 a.m. - 1 p.m.

RM 490/492
(fourth floor auditorium)



To schedule an appointment, call **1-800-733-2767** or scan the QR code.



Receive a \$10 e-gift card and a chance at \$5K prize.



American Red Cross
redcrossblood.org

Click image above for more information.

