

2023 MoDOT and MSHP Wellness Mini-Grant

The vision of the **MoDOT and MSHP Total Wellness program** is to help create an environment that encourages and supports healthy lifestyles. In an effort to fulfill this vision, the MoDOT and MSHP Medical Board and Anthem BCBS is funding mini-grants to support wellness efforts at the local district/troop level. These mini-grants are part of the statewide wellness goals for the MoDOT and MSHP Total Wellness program.

* **What areas qualify for the wellness mini-grants?**
* MoDOT Districts (NW, KC, SW, SE, Central, St. Louis, NE) and Central Office
* MSHP Troops (A – I) and General Headquarters
* MoDOT and Patrol Employees’ Retirement System (MPERS)
* **How much is one mini-grant worth?**  Each grant is worth $500.

* **Who applies for the grant?** The designated Wellness Champion(s) from each district/troop.
* **How does a Wellness Champion apply?** Complete the next page and email your responses to Lisa Buhr at lisa.buhr@modot.mo.gov and Sara Correnti at Sara.Correnti@anthem.com .  Applications will be reviewed by the MoDOT and MSHP Wellness Committee in the order in which they are received.
* **How can the funds from the wellness mini-grant be used?**

Wellness Champions are encouraged to submit an application that serves your population’s needs and interests. The 2024 mini-grants are intended to focus on total wellbeing, including mental, financial, social, and community initiatives. The funds can be used for a wellness-related event, program, or prizes. Mini-grant funds will not be approved for overlapping wellness activities or Walker Tracker activity challenges. Please be mindful that these funds are MoDOT/MSHP funds and must follow state agency standards. Gift card amounts cannot exceed $50. If there are remaining funds from the $500 you will not be able to roll over the money to the next plan year.

   Below are examples of mini-grant proposals and how to purchase or request the item(s):

* Gift cards or prizes for winners of a wellness activity (e.g. wellness trivia game, scavenger hunt, bingo etc.)
* Health/Wellness guest speaker to present to employees
* Instructor led yoga/meditation workshop
* Health and wellness items, such as blood pressure cuffs for onsite locations
* **When is the deadline for submitting an application?** October 31, 2024
* **When is the deadline for completing an approved mini-grant event/activity?** December 1, 2024
* **What happens after the mini-grant event/activity is completed?** Approved events/activities must be completed prior to the deadline of December 1st. Once the event/activity is completed a 30-day action report will be required. The 30-day action report should include a recap of the event/activity, participants, winners, high and low points. See page 3 for action report details.
* **How are the funds received?**

The mini-grant applications must be approved by the Wellness Committee prior to the district/troop or individual incurring any expenses. The mini-grant expenses will not be pre-funded. The Wellness Champion is encouraged to work with a vendor that will be able to provide an invoice to Anthem BCBS for payment or work directly with Brook Luecke (Senior Benefits Specialist) for additional purchase and reimbursement options. Anthem is also able to order gift cards through their vendor.

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30-day Action Report

Please answer the questions below within 30 days of your approved mini-grant event or activity. Please submit your responses to Lisa Buhr at lisa.buhrlisa.buhr@modot.mo.gov.

**Wellness Champion Name:**

**Email address:**

**District/Troop/Office:**

**Approved mini-grant event/activity:**

1. **Please provide a brief recap of the completed event or activity.**

1. **How many individuals participated in or were impacted by the mini-grant event or activity?**

1. **If there were any winners, please indicate who and what the prize was.**

1. **In your opinion, what was the most positive outcome of the approved mini-grant event/activity?**

1. **Were there any negative responses to the mini-grant event/activity or anything you would do differently to improve the outcome?**

1. **Any other feedback?**