

## 2025 MoDOT and MSHP Wellness Mini-Grant



Missouri State  
Highway Patrol

The vision of the **MoDOT and MSHP Total Wellness program** is to help create an environment that encourages and supports healthy lifestyles. 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)

**What is the value of each mini grant?** Each grant is worth \$500.

**Who applies for the mini grant?** The designated Wellness Champion(s) from each district/troop, once per calendar year. See page 2 for the application form.

**How does a Wellness Champion apply?** Complete the next page and email your responses to the appropriate persons detailed below or [submit your application electronically by clicking here](#).

**How can wellness mini grant funds be used?** Wellness Champions are encouraged to submit an application that serves their population's needs and interests. The mini grants funds are intended to encourage **total wellbeing** including mental, financial, social wellbeing. The mini grant funds can be used for a wellness-related event, program, or prizes.

### Special notes:

- These funds are MoDOT/MSHP funds and must follow state agency standards.
- Gift card amounts cannot exceed \$50 per recipient. Any gift card fees must be covered by the mini grant funds.
- Mini grant funds can not be used to purchase food or beverages.
- 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 a few examples of how mini grant funds may be used:

- 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

2025 Dates to Remember	
Last date to submit a mini grant application	October 31, 2025
Deadline for carrying out an approved mini-grant event or activity	December 1, 2025
Deadline for submitting 30-day action report*	December 31, 2025

*\*Only if your event was completed on December 1. All 30-day action reports are due 30 days after your event concludes.*

**What happens after the mini-grant event/activity is completed?** Approved events/activities must be completed prior to the December 1<sup>st</sup> deadline. Once the event/activity is completed, a 30-day action report must be submitted. 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 Lisa Buhr (MoDOT) or Audrey Yates (MSHP) for reimbursement options or additional purchase options. Gift card ordering is available through Anthem's vendor. Digital delivery is standard due to costs and risk management concerns and may take up to 2 weeks after ordered to be delivered.



### Application Form

Please answer the questions below and make sure your supervisor approves of the application before sending. The MoDOT and MSHP Total Wellness Committee will review the applications and notify you of approval status. **No applications will be accepted after October 31, 2025.** All approved mini grant events/activities must be completed no later than December 1, 2025.

**Wellness Champion Name:**

**Email address:**

**District/Troop/Office:**

**Supervisor:**

1. Describe how you plan to use the mini-grant funds for your district/troop/office?
2. Who will be responsible for carrying out the plan/activity?
3. Approximately how many people will be impacted?
4. If you will be using the mini-grant funds on multiple items, please provide an estimate on how much each item will cost.
5. How will this event/activity promote the total wellbeing (physical, mental, financial, etc.) of MoDOT or MSHP workers?

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#### Next steps:

1. Submit your application to:
  - **MoDOT Wellness Champions:** Send to [Lisa.Buhr@modot.mo.gov](mailto:Lisa.Buhr@modot.mo.gov) and [Sara.Correnti@anthem.com](mailto:Sara.Correnti@anthem.com)
  - **MSHP Wellness Champions:** Send to [Audrey.Yates@mshp.dps.mo.gov](mailto:Audrey.Yates@mshp.dps.mo.gov) and [Sara.Correnti@anthem.com](mailto:Sara.Correnti@anthem.com)

*Applications will be reviewed by the MoDOT and MSHP Wellness Committee in the order in which they are received. You will be notified of approval or if more information is needed.*

2. Once approved, complete your event/activity. Deadline to complete any approved event/activity is December 1, 2025.
3. Once you've completed your event/activity, complete and submit your 30-day action report (next page).

#### Questions?

Please contact Lisa Buhr (MoDOT) at [lisa.buhr@modot.mo.gov](mailto:lisa.buhr@modot.mo.gov) or Audrey Yates (MSHP) at [Audrey.Yates@mshp.dps.mo.gov](mailto:Audrey.Yates@mshp.dps.mo.gov)