

Fit City Wellness

Holistic Wellness for Employees



Deductible Reductions and Health Screenings

To qualify for a reduced deductible and out-of-pocket maximum on Allegiance Health Insurance Plans, participate in a health screening or contact the Benefits Specialist for alternative options. Health Screenings can be done through City of Missoula sponsored "It Starts With Me" (ISWM) screenings or through the employee's medical provider.



EAP Program

Employee's receive 6 free counseling sessions per issue. The EAP also offers various online services, legal and financial services.



Annual Health Fair/Flu Shot Clinic

Fit City hosts a Health Fair and Flu Shot Clinic in collaboration with various vendors and the Missoula City County Health Department. This is an opportunity for employees to learn about what services are offered through city vendors, get a flu shot, collect some swag, win prizes, and eat a free lunch!



Fit City Swims

Fit City offers an additional 10% discount on top of already reduced employee pricing for annual and daily passes to Splash Montana and Currents Aquatic Center. Annual passes are conveniently available via automatic payroll deduction. To receive a discount on daily passes, just show your Allegiance Health Insurance card when paying for admission.

The City of Missoula is committed to helping employees achieve and maintain healthy lifestyles through a holistic wellness approach.

Other Benefits

Fit City Wellness is always adapting its holistic wellness program to the needs of the employees at the City of Missoula.

Some examples of additional benefits that have been offered to City employees include*:

- Skin cancer prevention screenings
- Up to \$50 in race reimbursements
- Gym membership discounts
- Fit and Active Direct through Cigna Health Care
- Workplace Wellness Challenges

*Disclaimer: The items listed are provided as examples only and are subject to change or discontinuation at any time

Questions?

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