

MT Chamber of Commerce, Health Benefits

Chelsea Culpon is Health Benefits Director for the Montana Chamber of Commerce, a statewide member organization. Her program goal is to enable small businesses to access quality and affordable health insurance through the Montana Chamber Choices health insurance program. By pooling over 1500 small businesses in the Big Sky state, Montana Chamber Choices provides stable rates for employers with 2-99 employees and for sole proprietors

Activities Relevant to State Plan to Prevent Obesity: Each of the 11 health plan choices has a \$300 annual wellness benefit; the newsletter addresses obesity prevention. Montana Chamber Choices promotes and sponsors Shape Up Montana and all participating small businesses receive a discount to participate.

Services/Recipients: In addition to organizing health insurance options, Ms. Culpon advances worksite wellness statewide by assisting the annual conference.

State Plan Settings: Worksites.

CDC Behaviors:

- Increasing fruit & vegetable consumption through nutrition education;
- Decreasing consumption of sugar-sweetened beverages through nutrition education;
- Decreasing consumption of energy dense food (>4 calories/gram) through nutrition education;
- Increasing physical activity through worksite wellness programs;
- Increasing breastfeeding through the Health Wonders Maternity Support program, one of the wellness benefit options, which provides plan members with the opportunity for prenatal care and phone calls from a nurse.

Gaps and Concerns: Reducing stress and the accompanying perceived lack of time to create healthy meals and decreased desire to eat healthy meals. Collaborating more with Extension Service offices. Figuring out how to bring economic stimulus and advance prosperity so a community can provide trails, paved sidewalks, etc. Encouraging companies to reduce screen time for ergonomic safety – e.g., computers can be shut down every 45 minutes for five minutes.