

Critical Access Hospital Walk with Ease Application



Overview

To promote worksite wellness through physical activity for critical access hospitals, the Montana Nutrition & Physical Activity Program (NAPA) and Montana Arthritis Program (MAP), in partnership with the Medicare Rural Hospital Flexibility Program (Flex Program), is providing scholarships of \$2,500 for critical access hospitals to offer Walk with Ease as an employee wellness program.

Applicant Information

Critical Access Hospital:
Physical Address:
Mailing Address:
City and State:
Zip:

Your Name:
Title:
Work Phone:
Work Email:
Supervisor Name:
Supervisor Email:

Before completing the application, please review the following deliverables that grant recipients are required to complete throughout the funding cycle.

Please read carefully and check each box for each of the terms the organization agrees to fully comply.

Requirements

- Site agrees to complete the following trainings
 - **Walk with Ease Leader Training**
 - Complete the 3-hour online Walk with Ease leader training by December 31, 2024
 - **CPR Certificate**
 - Submit a current CPR Certificate
 - **Walk with Ease Participant Portal Training**
 - Complete a training with the Montana Arthritis Program staff, within 30 days of receiving Walk with Ease Leader Certificate, to review the online Walk with Ease Participant Portal.

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- Site agrees to conduct the designated intervention, collect, and report required data quarterly.
- Site agrees to offer a minimum of two (2) courses, completed by August 31, 2025, with a target goal of ten (10) participants per course.
- Site agrees to utilize the Flex Grant funding specifically towards worksite wellness efforts that enhance Walk with Ease programs and acknowledge that funding cannot be used towards employee salaries or structural changes.

Application Questions

1. Has your organization offered the Walk with Ease program to employees as a worksite wellness initiative in the last five years?
 - Yes
 - No
2. Thoroughly describe your organization's existing worksite wellness physical activity initiatives.
3. Explain how will the Walk with Ease program help benefit your worksite wellness?
4. If you receive funding:
 - a. When would the Walk with Ease tentatively be offered to employees?
 - b. How will the funds be used toward the Walk with Ease program?

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5. Please describe how the Walk with Ease program will be sustained after the funding award?

Please reach out with any questions and email completed applications to **both**:

Melissa Dale, Arthritis and Falls Prevention Program Manager at Melissa.Dale@mt.gov

Jessica Kechely, Nutrition & Physical Activity Program Specialist 2 at Jessica.Kechely@mt.gov