



**WHEEL  
BEING**

NICE RIDE  
MINNESOTA

Supporting Individuals  
to make lifestyle changes



# Wheel Being

- Participants referred by health care providers
  - Brochure given to providers to discuss program during patient visits
- Pilot at Allina Health clinics in the suburbs (2<sup>nd</sup> ring)
  - Bloomington and Coon Rapids
- Includes meeting goals created by health care provider and patient together

# Eligibility Requirements

- By referral only
- 18+
- Need for increased activity as determined by referring physician
- Capacity to succeed as determined by referring physician
- Living within the service area
- No income requirements

# Participant Commitment

- Attend orientation (2 hours) to get bike and helmet and lock
- Ride at least 2 times per week to work, shop, or other activities
- Participate in at least 4 group events - rides plus snacks and socializing
  - farmer's market, open streets, bike shop, local festivals
- Meet the individual goal set up with your health care provider
- Return bike at end of season wrap-up in October
- Complete entrance and exit surveys

Bloomington + Coon Rapids - population 148,426

45+ doctors



17 participants



# Bemidji, MN – population 13,431

1 doctor



17 participants



# Wheel Beings



Bloomington



Bemidji

# How do people want to ride?





# What is community?



Who is your champion?

