



Monthly Well-Being Events: February 2019

Did you know that as a State Plan member or covered dependent you have access to no cost wellness events and presentations? Health Coaches from the Montana Health Center provide expert-guided, evidence-based, group and individualized health coaching. Wellness events and presentations are a great way to experience the value Health Coaches provide to State Plan members!

Completing any two health coaching presentations is an eligible Next Step activity for the 2019 Live Life Well Incentive Program. Activities completed and self-reported between November 1, 2018 and October 31, 2019, for the 2019 Incentive Program help you earn an incentive that is effective January 1, 2020. For more information about our Next Step activities go to www.benefits.mt.gov/incentive.

Click on the city of your choice for events or presentations available in your area.

- [Billings](#)
- [Butte/Deer Lodge](#)
- [Helena](#)
- [Missoula](#)
- [Outside Health Center Areas](#)

[Online Registration Instructions](#)

To register for a class, follow the online registrations instructions below. (Please note, not all classes are available for online registration.) **Don't delay – classes have limited size and require registration!**

Go to www.CareHere.com, select Member Login, and log in with your **Username** and **Password**.

- Click on **Appointments**.
- Click on "Schedule Appointment" under Health Coaching.
- Click on date of the class.
- Select the drop-down menu next to "What."
- Select **Classroom** (the word Classroom might be in gray, however, please click on

it).

- Click **Get Appointments**.
- Select the Class Name in blue you wish to attend.
- Select **Make Appointment**.

Available space will show in light green. If 'No Appointments Available' appears, the class is full. Select how you would like to be reminded of your appointment by selecting the drop-down menu next to "How would you like to be reminded of your appointment?" Click on "Confirm Appointment." You may also call 855-200-6822 for assistance with registering.

You can also view one of the recorded presentations anytime online at benefits.mt.gov/LiveLifeWellPresentations.

Click the link below to explore "Health Matters," an additional resource offered to our members from the Montana Health Centers.

[HealthMatters February Newsletter](#)

State of Montana Health Care & Benefits Division

Call (406) 444-7462 or Toll-Free (800) 287-8266

Hearing Impaired TTY (406) 444-1421 - Fax (406) 444-0080

Email benefitsquestions@mt.gov

PO Box 200130, 100 N. Park Avenue, Suite 320, Helena, MT 59620-0130

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-999-1062 (TTY: 1-855-999-1063).

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-855-999-1062 (TTY: 1-855-999-1063).