Now is a great time to catch a health coach presentation or join a Walk With Ease group – they all happen online. Learn from experts about trending topics important to you. Completion of these activities can help you earn a Live Life Well Incentive for 2021!

For more information about the Incentive, go to www.benefits.mt.gov/incentive.

This month’s highlight:
**Meal Planning: Creating Weekly Meals (by CareHere Health Coaching)**

**Dates:** Thursday, September 24, 12:00 p.m.-12:30 p.m.

**Location:** Webinar URL to be sent to registered participants.

Having a good meal plan will make daily life so much easier and give you a host of benefits that comes from cooking homemade meals. Discover how to plan meals for the week to reduce stress, increase family involvement, stretch your food dollars and meet your nutrition needs!

Register Under: “Billings Health Center Webinar” using the CareHere online registration instructions below.

Also available this month: **Walk With Ease**, **Health Coaching for Everyone**, and **Get Cooking**! Click on the city of your choice for more information.

- Billings
- Butte/Deer Lodge
- Helena
- Missoula
- Outside Health Center Areas

**Online Registration Instructions** (For CareHere Classes)

To register for a CareHere class, follow the online registrations instructions below. **Don’t delay – classes have limited size and require registration!**

- Click CareHere.com, select Member Login, and log in with your Username and Password.
- Click on “Make Appointment.”
- Click on “Classroom.”
- Click on a date or date range for your appointment.
- Select "where" and "provider" (as applicable).
- Select your desired appointment from the options given. If "no available times" 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 other 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.