Check out this month's wellness event! Completion of this health coaching presentation or an individual health coaching session can help you earn a Live Life Well Incentive for 2021. For more information about the Incentive, go to www.benefits.mt.gov/incentive.

Alternatives for Arthritis - by CareHere Health Coaching
When: Monday October 5, 12:10-12:50 p.m.
Location: Webinar URL to be sent to registered participants.
Inflammation of the joint and loss of cartilage is often referred to as Arthritis. Arthritis is not a life sentence and should not keep you from doing the things you enjoy most. In fact, there are a variety of ways to move to help reduce pain and promote an active lifestyle.
Register: Register under “Helena Health Center Webinar” using the CareHere Online Registration Instructions below.

Online Registration Instructions (For CareHere Classes)
To register for a CareHere class, follow the online registration instructions below. CareHere classes are only open to those who are in health center areas. 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.
Can't make it to an event but still want to connect with a health coach?

You can schedule a tele-visit, tele-conference or in-person appointment with a health coach at your convenience. Talk about arthritis, tobacco cessation, or any other wellness topic that is on your mind. Remember, individual health coaching visits can also help you earn a Live Life Well Incentive.

CareHere publishes a monthly wellness newsletter. Click the picture to the left to view the September CareHere HealthMatters newsletter.