

State of Montana Benefit Plan 2019 Wellness Program Benefits



Live Life Well Incentive Program

Members may earn \$30 if they complete all three activities prior to October 31.



¹Health Screening

*Self-report Next Step Activity



**Self-report Nicotine Free Activity



Disease Management Programs

- Hometown MTm Programs (4.)
 - ◇ Asthma Care* *Reduced copay on medications*
 - ◇ Diabetes Care* *Reduced copay on medications*
 - ◇ Complex Medication Review
 - ◇ Targeted Medication Review
- CareHere Blood Pressure Management Program* (1.) *Free blood pressure cuff and remote monitoring.*
- Allegiance Nurse Health Coaching* (2.)
- CareHere Health Coaching* (1.)
- Arthritis Walk With Ease Program* (9.)
- Allegiance Complex Case Management (10.)

Weight Management

- Weight Watchers* (5.) *\$200 incentive every year*
- Healthy For Life Self-Study Program* (5.) *\$200 incentive every year*
- Eating Well Recorded Webinar Workshop* (5.)
- Health Coaching (see Health Coaching tile)

Prenatal/Maternity Benefits

- Allegiance Maternity Management Program* (3.) *\$250 if enrolled in 1st trimester and complete the program.*
- Breastfeeding Benefits (5.) *Breast pumps, supplies, lactation consultation.*

Disease Prevention Programs

- CareHere Health Coaching* (1.)
- Diabetes Prevention Program* (8.) *\$200 incentive every year*
- At-Work Chronic Disease Prevention Program (8.)

Live Life Well Challenges (5.)

- Stay Active* (spring)
 - Summer Challenge*
 - Holiday Challenge*
- Physical activity group challenges open to all members. Prizes for participants.*

Health Coaching

- CareHere* (1.) *any issue*
- Allegiance Nurse Health Coaching* (2.) *disease management only*
- Digital Health Coaching* (12.)
- Participating Provider* (5.)

Preventive Benefits

- Health Screenings¹ (1.)
- Flu Shots (1.) or (11.)
- Routine Vaccinations (1.) or (11.)
- Cancer Screenings (10.)

Tobacco Cessation Programs

- CareHere Tobacco Cessation* ** (1.)
 - Montana Quit Line* ** (6.)
- Reduced co-pay on tobacco cessation medications (11.)*

Employee Assistance Program (EAP)

Reliant Behavioral Health (7.) *4 free visits with a counselor, any issue, any household member.*

Contact Information

1. CareHere (Montana Health Center): (855) 200-6822 or help.montana@carehere.com
2. Allegiance Nurse Health Coaching: (866) 458-0474
3. Allegiance Maternity Management Program: (877) 792-7827
4. Hometown MTm Programs: (406) 298-4140 or info@montanafamilypharmacies.com
5. State of Montana Health Care & Benefits Division: (800) 287-8266 or benefitsquestions@mt.gov or www.benefits.mt.gov/livelifewell
6. Montana Tobacco Quit Line: (800) QUITNOW
7. Reliant Behavioral Health: (866) 750-0512 or eap@mt.gov
8. Diabetes Prevention or At-Work Chronic Disease Prevention Program: (844) 864-5848 or chronicdiseaseprevention@mt.gov
9. Walk with Ease Program: (406) 444-0959 or walkwithease@mt.gov
10. Allegiance: (855) 999-1057 or inquire@askallegiance.com
11. Navitus: (866) 333-2757
12. MyActiveHealth: (855) 206-1302 or www.myactivehealth.com/som

This is a summary of wellness benefits available to State Plan members. A full list can be found at <http://benefits.mt.gov/Publications>.