

STATE OF MONTANA  
DEPARTMENT OF ADMINISTRATION



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Dear Fellow State of Montana Health Plan Member,

The State of Montana Health Care Plan is pleased to present the NEW **Healthy For Life** weight management SELF-STUDY module for plan members. The Healthy For Life SELF-STUDY module is designed to assist members who are interested in working on their own to take control of their weight and be *Healthy For Life!*

Congratulations on taking this important step towards a better future for yourself and your loved ones. We have an exciting program that you will tailor to meet your individual needs.

Take some time now to think of what you'd like to accomplish as you move through the program, and that you devote the time necessary for success. **You will set 3 initial goals for yourself.**

1. The first goal should relate to weight loss.
2. The second goal should relate to exercise.
3. The third goal should relate to another healthy habit of your choice (sleeping, tobacco cessation, stress, spirituality, etc.).

**Please read the following pages carefully.** You will note that the benefits available through the self-study module are not the same as those that were available in the intensive program. Self-study is currently the only option available for the Healthy For Life program.

Again, welcome to Healthy For Life! If you have any questions at any time during the course of the program, please call our office right away. We are happy to help.

Sincerely,

Kim Pullman, RD, LN  
Wellness Coordinator  
HFL Program Leader

Debra Rapaport, RN, BSN  
Nurse Case Manager  
HFL Program Leader



## Guidelines for Participation

### Healthy For Life (HFL) Weight Management Program – SELF STUDY MODULE

The Healthy For Life Program is for members who are ready and able to devote the time needed for successful lifestyle change, and are insured with the State of Montana Health Care Plan. **It is very important for the integrity of the program and required for end-of-program reimbursement that you follow it on schedule** – webinars once per week for the first sixteen weeks, etc. The time between webinars is necessary for you to build skills and work on your goals. The features available through the self-study program are unlimited – you may work through the program, download the resources and view the webinars as many times as needed.

#### Where do I begin?

1. **Schedule each of the HFL sessions on your calendar.** *You will schedule these according to your personal schedule; the recordings are available at any time. You MUST watch them at the pace specified. It is tempting to go more quickly, but the time between is very important for you to work on your goals and build your skills.* The first 16 weekly webinars form the core of the program.

Schedule a consistent time that will work for you to watch the webinars each week for 16 consecutive weeks, so you can stay on track.

Following the weekly webinars, you will need to schedule the 6 monthly webinars and a graduation webinar on your calendar. **Please note that the dates and additional requirements given on the webinars will not apply to you – since this was recorded in a live setting, **it will be up to you to translate the information given for your self-study use.**** Each webinar will be one hour or less and conducted on the Internet in a recorded format.

*To give you an idea of the time involved, an example of a year's calendar for the SELF-STUDY program is below. Choose dates that work for you, you can start the program any time.*

#### **Weekly Webinars**

- 1) August 1
- 2) August 8
- 3) August 15
- 4) August 22
- 5) August 29
- 6) September 5
- 7) September 12
- 8) September 19
- 9) September 26
- 10) October 3
- 11) October 10
- 12) October 17
- 13) October 24
- 14) October 31
- 15) November 7
- 16) November 14

#### **Monthly Webinars**

- 1) December 21
- 2) January 18
- 3) February 15
- 4) March 21
- 5) April 18
- 6) May 16

#### **Graduation Session**

- 7) June 20

2. Schedule at least three hours per week to exercise. Exercise can take any form you choose, but you should include a combination of cardiovascular (aerobic) exercise, strength training and flexibility.
3. Depending on your needs, you may want to schedule health coaching or counseling. This is not required, but can help you achieve your goals. You can find more information about health coaching

here: <http://benefits.mt.gov/Live-Life-Well-Programs/Health-Coaching>; or about the Employee Assistance Program here: <http://benefits.mt.gov/Employee-Assistance-Program-EAP>

4. Please **download all program materials** from <http://benefits.mt.gov/Live-Life-Well/Wellness-Programs/Healthy-For-Life> - scroll down under “Resources” and “Weekly/Monthly Webinars” and **have them with you for each webinar** - we recommend putting this in a 3-ring binder. You should have:
  - Guidelines for Participation (this document).
  - A copy of a calorie counter booklet, or access to a web site that provides this information. Some free food and calorie tracking web sites include [www.sparkpeople.com](http://www.sparkpeople.com), [www.myfitnesspal.com](http://www.myfitnesspal.com), [www.fatsecret.com](http://www.fatsecret.com), or you may request a copy of the Calorie King book (which is referenced in the webinars, but NOT required) by contacting the Health Care & Benefits Division.
  - A copy of the webinar slides.
  - Food and Fitness Journal or print-outs from a food tracking web site.
  - Weight Chart.
5. Please **put a copy of your most recent health screening results** from a screening prior to beginning the self-study module into your binder or notebook. You will need these at the end of the program if you request reimbursement, and they are also a great way to track changes in your health due to your Healthy For Life activities.
6. Be sure to **notify your doctor** that you are participating in this benefit.
7. On the date that you choose, **begin to watch and listen to the webinars, following the instructions given** during the webinars to begin with the food and fitness log and weight chart.
8. **At the end of a year**, follow the instructions on the graduation webinar if you wish to apply for the Healthy For Life reimbursement and have met those requirements.



#### **For Questions**

Live Life Well

Healthy for Life Program

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