



## Monthly Well-Being Events: January 2018

**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!

Attending and self-reporting that you have attended any two of the wellness events or presentations between November 1, 2017 and October 31, 2018 helps you earn a [Live Life Well Incentive](#)! For more information about our next step activities go to [www.benefits.mt.gov/incentive](http://www.benefits.mt.gov/incentive).

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

- [Billings](#)
- [Butte](#)
- Deer Lodge - No Classes Scheduled
- [Helena](#)
- [Missoula](#)
- Outside Health Center Areas - No Classes Scheduled

### [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](http://www.CareHere.com), select Member Login, and log in with your **Username** and **Password**.
- Click on **Appointments**.
- Click on date of the class.
- Select the drop-down subtitle "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.

Please read directions carefully and make sure you choose the date of the class and the header it is listed under. If 'No Appointments Available' appears, the class is full. 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](https://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 January 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](mailto: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).