



Live Life Well Incentive

Time is running out!

You can still earn your Live Life Well Incentive this year!

Dear State of Montana Plan Members,

Time is running out to earn your Live Life Well Incentive for this year! The deadline for completion and reporting of activities is October 31, 2017. **You can find full details about how to earn your incentive here: www.benefits.mt.gov/incentive.**

Many of you are working on completing your Next Steps activity. If that is you, and you have any questions, we would like to invite you to join us for a ½ hour informational webinar.

Live Life Well Incentive - Questions Answered!

Date: September 12, Tuesday, 9:30-10:00 AM.

Location: Via webinar – any place with access to the Internet!

Are you sure you're getting your full Live Life Well Incentive this year? Do you have any questions that you need answered? Just want to make sure you have the most up-to-date information? Then tune in on your computer to this quick, informative webinar. We will go over the whole Live Life Well Incentive program, but the majority of the time will be spent on the Next Steps Incentive and answering participant questions.

To Register: Click on this link to register:

<https://www.surveymonkey.com/r/nextstep17>. Webinar link will be sent to registered participants. A recording will be available at the web site below 1 day after the webinar is completed.

To earn the Next Steps Incentive: don't forget to self-report your eligible activity - required to earn this incentive - and that you must have a health screening to earn any incentive. **Click on this link for details: www.benefits.mt.gov/nextstepincentive.**

Please note: There are classes and webinars coming up in September that can help you earn the Next Steps Incentive! Please see the full list here: <http://benefits.mt.gov/Live-Life-Well/Wellness-Workshops>. Among other options, there will be a Tobacco Cessation Workshop that will help you earn BOTH the Nicotine Free Incentive and the Next Steps Incentive!

The State Plan offers the incentive program to all plan members and their enrolled spouse/domestic partner. If you think you may be unable to meet a standard of the incentive program, you may qualify for an alternative program or different means to earn the incentive. You must contact the Health Care & Benefits Division (HCB) as soon as possible at 800-287-8266 or email livelifewell@mt.gov. We will work with you (and if you wish, your doctor) to design a program with the same incentive that is right for you. Any personal medical information gathered during the course of the incentive program is protected by and will be treated consistent with the HIPAA Privacy and Security Rules. A copy of the Plan's privacy notice is available on the HCB website or by going to <http://benefits.mt.gov/Portals/59/Documents/hipaa%20notice.pdf>.

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

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).